

COLLECTOR'S EDITION

MUSCLE & FITNESS

16 LEGENDS! 16 WORKOUTS!

M&F EDITORS' AWARD

**THE BEST
PHYSIQUE
EVER!**

**FOLLOW THE
ROUTINE OF
FRANK ZANE**

**GET BIG
GET STRONG
GET LEAN**

With Our Superhero
6-Week Program
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**14
EASY &
QUICK
LEAN
MEALS**

**SHRED
YOUR
ABS**

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**MUSCLE-BUILDING
RULES AND TIPS**

**BLAST
YOUR
BI'S**

4 Unique
Fixes for
Growth!
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**NO
PAIN
ALL
GAIN**

How to
Train
Around
Injuries

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**PURE
FUEL** TO BRING THE
FIGHT

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THE HIGHEST QUALITY 100% WHEY
PROTEIN ISOLATE. FOR ENERGY TO
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E
B**

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THE BOTTLE MATCHES WHAT IS ON THE LABEL.



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At BPI Sports we are committed to bringing you the best tasting and highest quality proteins - using only the finest ingredients, and the most precise manufacturing standards.

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*When taken at the maximum dosage over time.

THE EMERGENCE OF A DOMINANT MUSCLE BUILDER

SHOCKING MUSCLE GROWTH RESEARCH IS WITHIN REACH

Groundbreaking new science has revealed that mTOR-p70^{S6K} molecules located within muscle cells are the primary trigger for extreme muscle growth. Increase these and you increase muscle size and strength. Three specific branched chain amino acids (BCAAs) were identified to activate dramatic increases levels of these mTOR-p70^{S6K} molecules. Gold-Standard, peer-reviewed, human-subject research demonstrated that a precise mixture and dosage of 45% L-Leucine, 30% L-Valine and 25% L-Isoleucine (BCAAs) at 8,180 mg (8.2 g) caused a 350% (3.5 times) increase in mTOR-p70^{S6K} molecules.

IS ORAL SUPPLEMENTATION EFFECTIVE?

The first question any skeptical supplement buyer should always ask is, "That's great in a lab, but if I take it, will it work?" The answer is definitively, yes! Oral liquid supplementation of 8.18 g of 45:30:25 ratio BCAAs boosted BCAA concentration in the blood and in muscle cells and activated the mTOR-p70^{S6K} classic anabolic signal. This confirms that drinking your BCAAs (as in AMINOCORE) in a soluble liquid form replicates the research! You can literally implement this groundbreaking technology TODAY!

A MUSCLE CELL SAVED IS A MUSCLE CELL EARNED

The mechanism behind AMINOCORE's ability to prevent catabolic muscle loss has been discovered. Molecules called MAFbx and MuRF-1 increase

dramatically during training. They lock on to muscle cells and act like a shredder, literally destroying muscle tissue. AMINOCORE to the rescue. The gene chip analysis showed a dramatic decline in the number of MAFbx & MuRF-1 with 8.18 g BCAAs. This is the number one reason that many people who hit the gym cannot gain or hang on to significant muscle size (a MAJOR factor preventing the addition of significant muscle to your frame).

INTELLIGENT DIETING SUPPORT

Caloric restriction, limiting carbs, increased cardio intensity; all essential for effective dieting, and all rapid ways to breakdown and flush away muscle. The muscle tissue breakdown that takes place when you're dieting reduces your metabolism and your ability to burn calories. Taking AMINOCORE feeds your muscles directly even while dieting and dramatically limits muscle deterioration. The net effect; you retain muscle, melt fat and maintain a higher metabolism. AMINOCORE the dieting secret you've been looking for.

THE BEST MIXABILITY, DELIVERY & ABSORPTION

AMINOCORE has Myotrisol™; a cutting-edge solubility technology to BCAA dosage administration. Until now, delivery of a 100% pure 45:30:25 ratio BCAA powder in a potent research directed level (8,180 mg), ideal for ANABOLIC activity, was next to impossible. Aside



from being the purest Pharmaceutical-Grade BCAAs, our Myotrisol™ process FLASH-FREEZE-DRIES our 45:30:25 BCAA powder to create a truly soluble and easily-mixed BCAA drink that absorbs in a truly liquid form.

ALL BCAAs ARE NOT CREATED EQUAL!

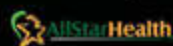
When you're comparing one BCAA to the other, look closely at the formula – does it include glutamine passed off as real BCAAs? AMINOCORE has a completely transparent label protocol. We show you precise BCAA amounts. Glutamine has its place, but it is not a Branched Chain Amino Acid (BCAA). AMINOCORE includes 8,180 mg of real BCAAs not glutamine. AMINOCORE is 100% PURE, FERMENTATION-DERIVED, PHARMACEUTICAL-GRADE, 45:30:25 ratio BCAAs. With added Ketosocaproic acid (KIC) to further enhance the buffering of lactic acid (muscle toxin) and increase the levels of L-Leucine at the site of muscle. AMINOCORE contains additional highly bioavailable B-Vitamins not only enhance the anabolic environment, they help to release additional metabolic energy.

AMINOCORE comes in 4 Flavors and Unflavored!

Available in two sizes:
462 g (44 servings) and 1166 g
(111 servings). Take 1 scoop with
cold water every workout.



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INSTACLEAR™
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BCAAs

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SUGAR

0g
CARBS

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NATURALLY AND ARTIFICIALLY FLAVORED
CREAMY VANILLA

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ON THE COVER:

Frank Zane

Photograph by Caruso/Courtesy of Weider Health & Fitness



BEST OF THE BEST

Frank Zane is a three-time Mr. Olympia winner, arguably the most aesthetic to ever step onstage.



**NEW
FORMULA!**

THE NEXT EVOLUTION IN WEIGHT LOSS



Experience an evolution in intense sensory with the all-new **HYDROXYCUT HARDCORE® NEXT GEN!** Tackle your most demanding workouts with a formula that will stand up to anything you've ever tried. It's fortified with a precise dose of ultra-potent caffeine anhydrous to enhance focus, and the power of green coffee to support real weight loss results. It's even packed with a never-before-seen combination of hot ingredients like *Scutellaria*, *Coleus* and yohimbe for an unparalleled sensory experience. For the results you crave, get a trusted name in weight loss – get **HYDROXYCUT HARDCORE® NEXT GEN** from MuscleTech®.

MUSCLETECH.COM

NEW FORMULA NOW FEATURING:

290MG CAFFEINE

With more ultra-pure caffeine anhydrous than the previous formula, you get extreme energy for maximum training intensity and thermogenesis, plus increased mental focus after just one dose.

75MG SCUTELLARIA

From the species *Scutellaria*, an herb from the mint family that supplies compounds such as flavonoids, and contributes to the overall sensory experience when combined with caffeine.

145MG COLEUS, QUAYUSA & OPHIOPOCON

A potent, never-before-seen combination of in-demand ingredients that works to deliver an unmatched sensory experience for ultimate intensity.

400MG GREEN COFFEE

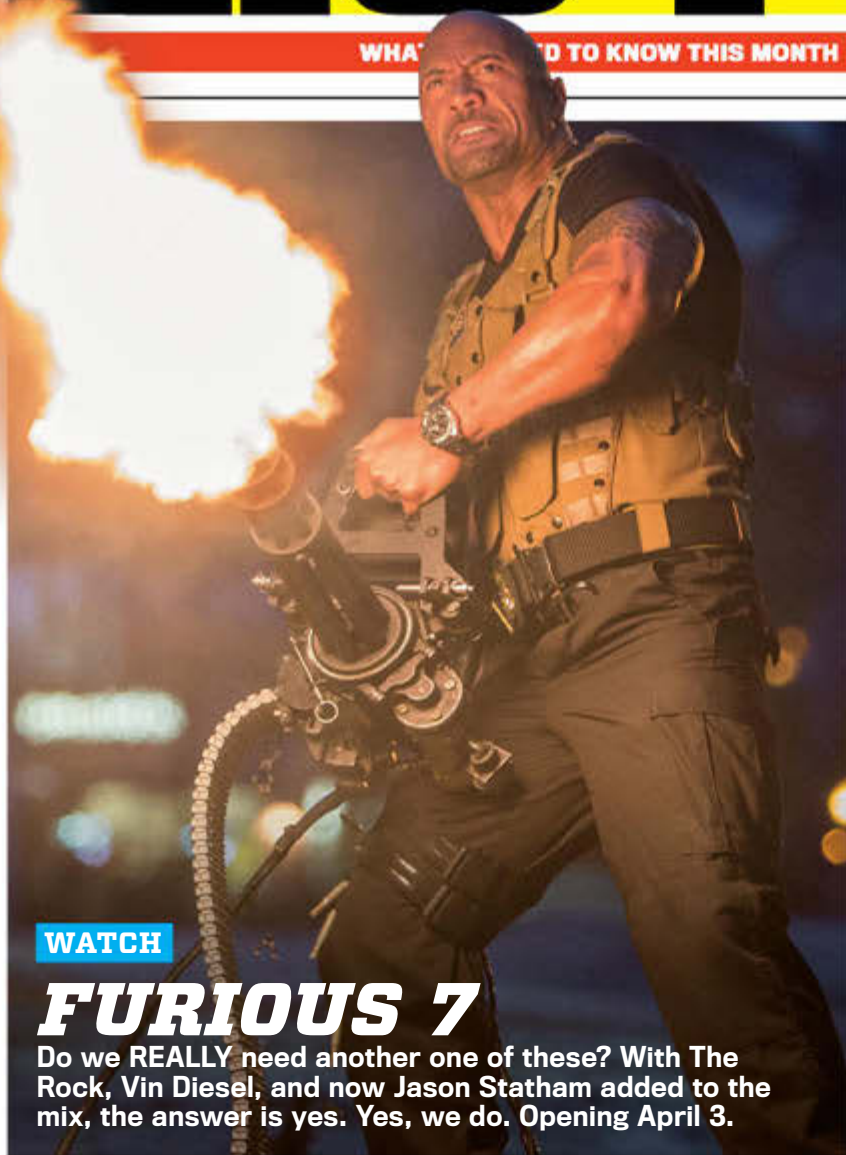
Delivers 400mg green coffee bean extract, including 200mg of standardized green coffee supplying 45% chlorogenic acids, which has been scientifically shown to help study subjects lose 10.95 lbs. in 60 days with a low-calorie diet, and 3.7 lbs. in 8 weeks with a low-calorie diet and moderate exercise.



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HOT LIST

WHAT YOU NEED TO KNOW THIS MONTH



WATCH

FURIOUS 7

Do we REALLY need another one of these? With The Rock, Vin Diesel, and now Jason Statham added to the mix, the answer is yes. Yes, we do. Opening April 3.

LIFT

BURN FAT

Hitting the weights hard can burn more fat than cardio, according to a study in *Obesity*. Researchers tracked the waist circumference of 10,500 men who either regularly lifted or did cardio for a dozen years, and in the end, the cardio group had nearly twice as much belly fat as the lifters.



PLAY

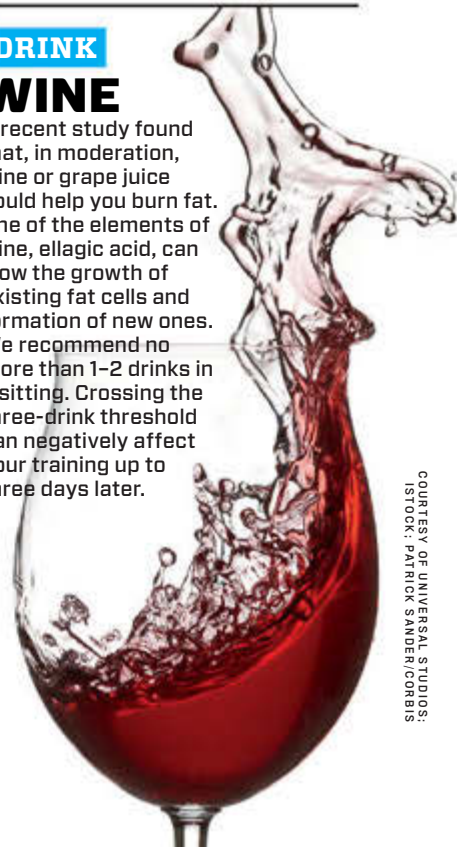
BLOODBORNE

The PS4's full horsepower is on display in this exclusive action RPG that's equal parts brutal and horrifying. **\$60 at bestbuy.com**

DRINK

WINE

A recent study found that, in moderation, wine or grape juice could help you burn fat. One of the elements of wine, ellagic acid, can slow the growth of existing fat cells and formation of new ones. We recommend no more than 1-2 drinks in a sitting. Crossing the three-drink threshold can negatively affect your training up to three days later.



COURTESY OF UNIVERSAL STUDIOS;
ISTOCK: PATRICK SANDER/CORBIS



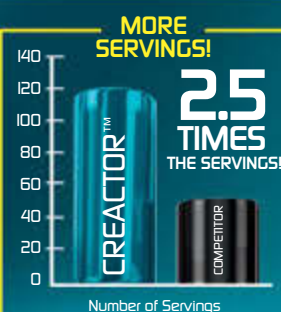
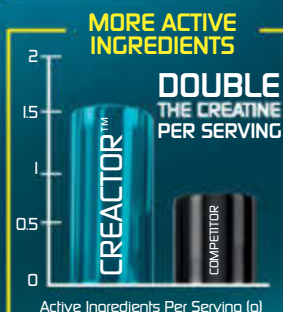
NEW!

CLINICALLY STUDIED, FREE-ACID CREATOR FORMULA

FORMULATED BASED ON RESEARCH FROM THE UNIVERSITY OF NOTTINGHAM

All-new Creator™ from MuscleTech® is a powerful creatine formula that delivers a never-before-seen ratio of creatine molecules for massive gains in size and strength and improved recovery. Unlike the other guys, Creator™ delivers a 1:1 ratio of 100% ultra-pure, lab-tested creatine HCl plus free-acid creatine – the purest form of creatine, free of acids and salts – in every serving. There's double the amount of creatine per serving as the other guys and more than double the servings per bottle. Plus, there's zero bloating, and you don't need to load or cycle off. In fact, the Creator™ formula is so advanced, it's based on a study conducted at The University of Nottingham and published in the journal of the *American Physiological Society*. Try it today!

CREATOR™ IS SUPERIOR TO THE COMPETITION



MUSCLETECH.COM

1:1 RATIO OF CREATINE

Features a potent combination of 750mg of free-acid creatine and 750mg of creatine HCl

HIGHEST QUALITY

Contains zero fillers, carbs, sugar or fat!

20% MORE MUSCLE CREATINE

Research from The University of Nottingham has shown that 3g of creatine per day can boost muscle creatine concentration by 20% in 28 days

120 SERVINGS

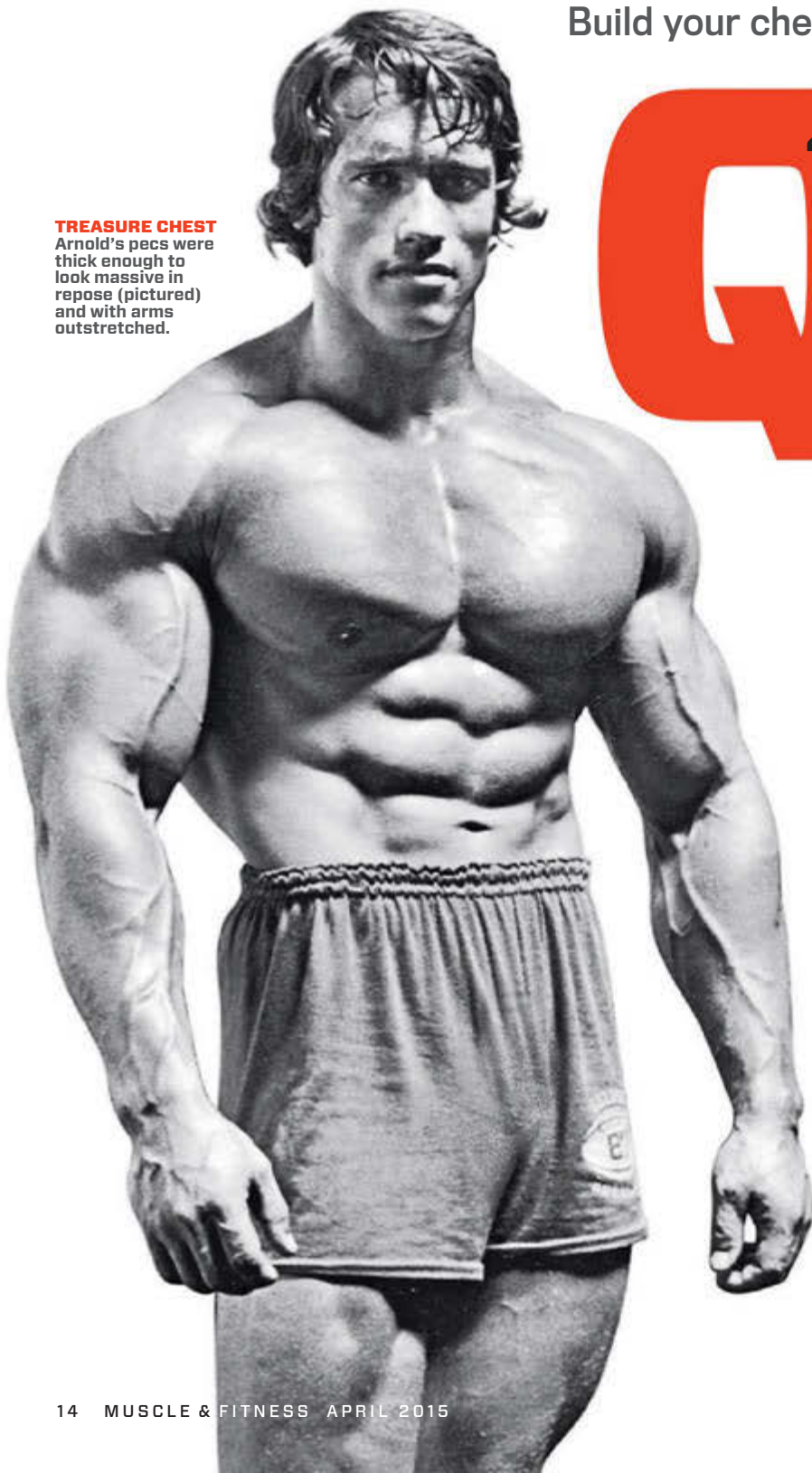
More than double the servings of the competition

Disappearing Act

Build your chest so it's always visible.

TREASURE CHEST

Arnold's pecs were thick enough to look massive in repose (pictured) and with arms outstretched.



Q

"My chest flattens out completely when I raise my arms overhead. Is there any way to fix it?"

—HENRY A., VIA FACEBOOK

A: **OF COURSE** your pecs are going to elongate when you raise your arms, but truly dense, powerful pectoral muscles don't vanish outright. They should still be thick under the clavicle by the shoulder and slope downward to the solar plexus. Look at Steve Reeves' chest, or Reg Park's, or mine—our pecs still looked well developed even when we hit poses that weren't intended to feature them.

The solution to the problem is simply being more thorough with your chest training. You have to work the pecs at a variety of angles. Try this: Do three sets of dumbbell presses on a 15-degree incline. Then three sets at 30 degrees. Continue at 45 degrees and then 60 degrees. This approach hits every last pec fiber. Stick with this, and people won't believe their eyes when they see your chest—not because it suddenly disappeared, but because they can't miss it.

Yours in Iron,

Arnold Schwarzenegger

INTRODUCING MICELLAR WHEY:

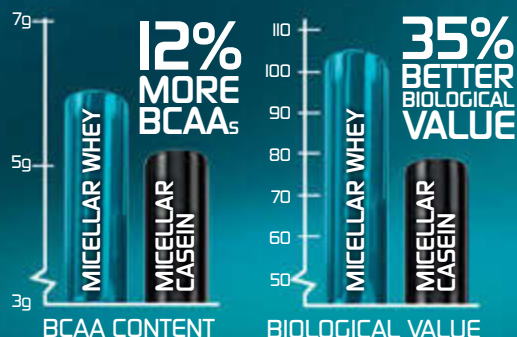
ALL-NEW BREAKTHROUGH PROTEIN INNOVATION

**35%
BETTER
THAN
CASEIN**

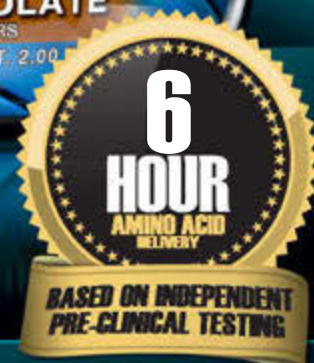
THE POWER OF 100% WHEY AT THE SPEED OF CASEIN

For years, athletes have trusted Micellar Casein as a slow-release protein that delivers a sustained release of amino acids for hours. The shortcoming with casein is that it has a lower bioavailability and lower amino acid content than other, higher quality proteins, such as whey. But now, there's a new, breakthrough protein called Micellar Whey that uses unique whey protein molecules with double the molecular weight of regular whey molecules, giving it slow-release properties that last for 6 hours. And since it's a whey protein, Micellar Whey features a 35% better biological value than casein, which is a form of measuring protein quality, plus significantly more leucine and BCAAs. Casein is a protein of the past – Micellar Whey delivers the ultra-superior benefits of whey at the speed of casein!

SCIENTIFICALLY BETTER THAN CASEIN



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25c PROTEIN

Ultra-pure, patented micellar whey in every scoop

104 BIOLOGICAL VALUE

35% higher biological value (BV) than casein's BV of 77 for enhanced protein absorption based on scientific literature published in the *Journal of Sports Science & Medicine*

6 HOURS AMINO ACID DELIVERY

Based on 3rd-party pre-clinical, in-vitro testing, the unique protein molecule in Micellar Whey delivers a slow amino acid release

5.8c BCAAs

Delivers a higher BCAA content than casein, including 2.7g of highly anabolic leucine to stimulate higher protein synthesis

4.6c GLUTAMINE & PRECURSOR

Delivers the amino acid glutamine and its precursor to promote recovery after hard training

Spring Ahead

M&F is ready to help you get a jump on building your summer beach body.

WELCOME TO THE unofficial spring edition of *Muscle & Fitness* magazine. Like many of you, I've patiently awaited spring's arrival. For me, that means getting back into outdoor running, which is my favorite form of exercise. For you, spring likely signals a countdown to summer—when you'll have the chance to show the fruits of all that hard work you put in at the gym over the winter.

As an *M&F* reader, you've unquestionably stayed committed to your training, even through snow and wind and subfreezing temperatures. And yet the longer days and warmer nights can't help but reenergize even the most dedicated. At *Muscle & Fitness*, we're ready to provide you with a wealth of information and inspiration that will add fire to your workouts. In this issue we also present you with our Spring 2015 Product Guide, which includes trending supplements, training gear, and fitness tech items designed to help you be (and look) your best, in the gym and outdoors.

Speaking of trending, I'm pleased to report that the *Muscle & Fitness* Facebook page just rocketed past the five million mark, making it the sixth-highest-ranking magazine on that social media platform, which testifies to both the importance of the Internet to our readers and to the communal nature of fitness itself. If you haven't done so already, I encourage you to join us on Facebook and check out muscleandfitness.com for even more opportunities to interact with us and your fellow fitness enthusiasts.



Sincerely,

David J. Pecker
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and Chief Executive Officer
of American Media, Inc.

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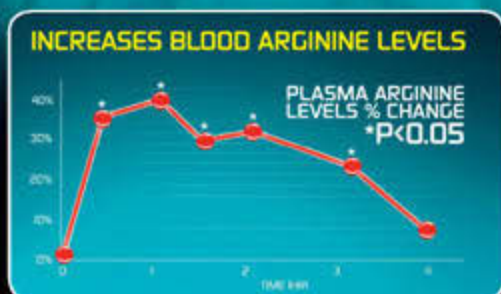
MAX POTENCY FOR INTENSE RESULTS



All-new MuscleTech® ANARCHY™ is the most explosive pre-workout concentrate ever created – period. It's packed with max doses of today's most in-demand and powerful ingredients in never-before-seen combinations to deliver:

- **Explosive Energy, Intensity & Focus** – Packs a precise dose of choline bitartrate and more caffeine per serving than the next leading brand to deliver an unparalleled sensory experience
- **Powerful Gains in Muscle & Strength** – A full 3,200mg dose of beta-alanine per 2 scoops helps enhance muscle and strength building, while the potent dose of caffeine jacks up muscle strength and power
- **Extreme Muscle Pumps** – Delivers a studied dose of patented Nitrosigine®, shown to boost nitric oxide and plasma arginine levels, plus super-concentrated HydroMax™ glycerol

ANARCHY™ has everything you need for your best workouts ever. Try it today!



THE ANARCHY ADVANTAGE

	ANARCHY	COMPETITOR 1	COMPETITOR 2	COMPETITOR 3
Beta-alanine	3.2g	3g	Zero	2g
Caffeine	380mg	270mg	Undisclosed Amount	Undisclosed Amount
Nitrosigine®	1.5g	Zero	Zero	Zero
HydroMax™	1g	Zero	Zero	Zero
Yohimbe extract	40mg	Zero	Undisclosed Amount	Zero
L-theanine	150mg	Zero	Zero	Zero
Choline bitartrate	200mg	Zero	Zero	Undisclosed Amount
Rhodiola	100mg	Zero	Zero	Zero

*Amounts displayed in chart are based on a full dose.

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3,200 MG BETA-ALANINE

A 3,200mg dose of beta-alanine, provided in 2 scoops of Anarchy™, has been shown to enhance the muscle- and strength-building process.

1,500 MG NITROSIGINE®*

Nitrosigine® is a novel form of arginine and silicon that's been clinically shown to increase nitric oxide levels.

1,000 MG HYDROMAX™*

HydroMax™ Glycerol is an advanced ingredient that is 10 times more concentrated than the competitor's glycerol monostearate.



BODYBUILDING.COM



*Per 2 scoops. Facebook logo is owned by Facebook Inc. Read the entire label and follow directions. © 2015

Forever Young

Frank Zane represents an ideal that was as relevant in the 1970s and '80s as it is today. This month, we're proud to welcome him back to our cover after far too long.

THE LAST TIME Frank Zane graced our cover was in December of 1989, more than 25 years ago. But if you ask me, that's probably about 24 years too long a gap between cover appearances for the three-time Mr. Olympia winner.

In this, our Physique-Building Special Issue, we celebrate 16 men who have built physiques that stand apart from the rest of the best—those of guys like Steve Reeves, Arnold Schwarzenegger, and Dwayne Johnson. All are icons in the world of fitness, and all forged their muscles via thousands of hours of heavy iron work.

Yet while I have the utmost respect and admiration for each of these men, it's Frank's physique that resonates with me most strongly. I'm a firm believer in goal-setting, but just as important, in setting realistic goals. When I was a kid I dreamed of being as big, tall, and wide as Arnold. Even today, the thought of standing 6'1" and weighing a rock-solid 250 pounds like John Cena is a damn appealing one, but the reality is that I have as much of a chance of getting there as I do to Pluto.

At 5'9", Frank Zane and I are the same height, and the 190 or so pounds at which he typically competed isn't an unfathomable



body-weight goal for me. Structurally, we're somewhat similar, too, with shape and leanness being our hallmarks rather than overwhelming mass. And so, whereas when I was aiming for Schwarzeneggerian peaks to my biceps as a 16-year-old aspiring bodybuilder, today I'm after the near-perfect proportions of Zane.

I'd like to think that you, too, can find a physical template to emulate in our list of 16, which starts on page 24. If you're on the lighter-framed side, perhaps Jean-Claude Van Damme is your man. If you're tall and lean, Dolph Lundgren could be your role model. If you're just an absolutely gigantic human being, then Lee Haney or Dwayne Johnson should fit the bill. Regardless, having a tangible goal in the form of a heroic role model is a good first step toward your own physique goal.

So, we want to know: Who's your favorite physique? Be sure to weigh in on our Facebook page to let us know.



More Power to You,

Shawn Perrine
Editor in Chief

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THE BEST BODIES IN WWE HISTORY

In the lead-up to WrestleMania 31, we take a look back at the most impressive (and worst) physiques to ever enter the squared circle. Did your favorite make the list? muscleandfitness.com/webodies

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CLARIFICATION

In our February issue (Supplement of the Month) we referred to a line of protein powder by Isopure as Low Carb. Though the particular flavor featured on the page is low carb, the product line is Isopure Zero Carb Protein Powder and most of the flavors contain no carbohydrates.

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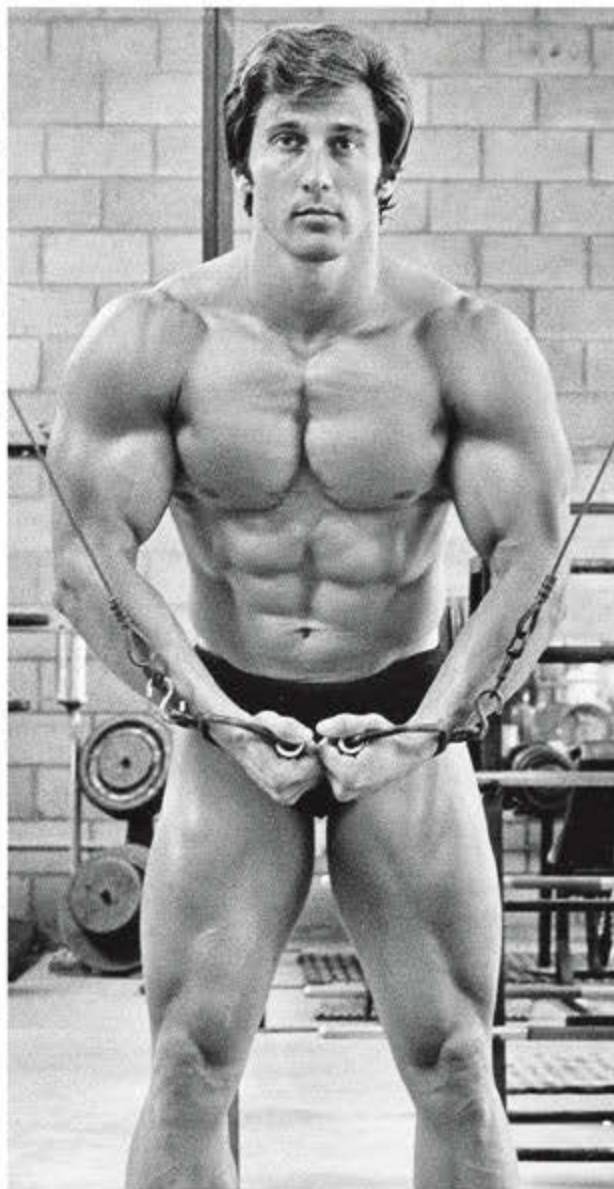
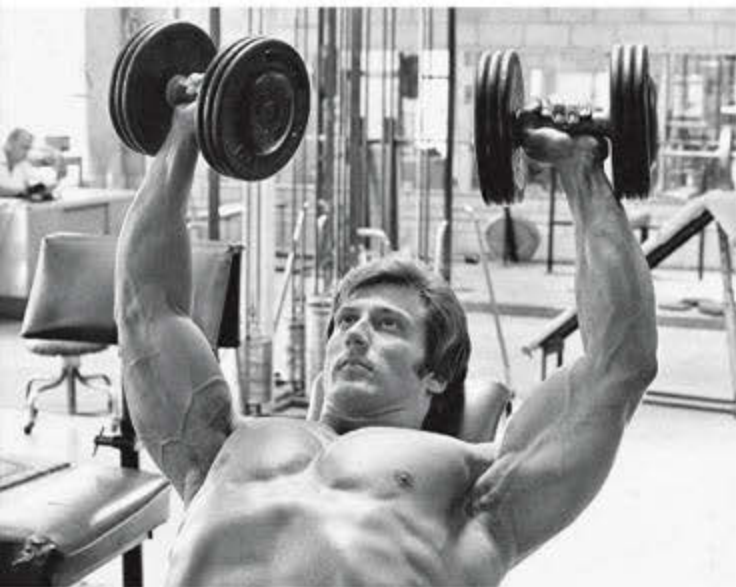
BY JOE WUEBBEN

Last issue we offered you a March Madness-style bracket of what we consider to be the 16 most aesthetically pleasing builds of all time—a balanced mix of elite physique athletes (past and present) and chiseled Hollywood A-listers. In the following pages, we've published a sampling of workouts to give you a glimpse into the training practices

that helped produce these iconic bodies.

If we had to choose one physique that stands out aesthetically above the rest, it would be Frank Zane's. That's why he's on the cover. (For the results of our reader poll, go to *muscleandfitness.com*.) A tough decision to single one man out? Absolutely. But someone had to do it. Let the heated debate begin.





FRANK ZANE

GOING AGAINST YOUR INHERENT PHYSICAL

strengths is no way to reach the top, particularly in sports. Imagine the result if Tom Brady decided tomorrow that he wanted to play running back instead of quarterback. Or if Michael Jordan had quit basketball in favor of baseball. Oh, wait...

Such was Frank Zane's rationale in bodybuilding. He wasn't born with a large frame that could rival the likes of Arnold Schwarzenegger and Lou Ferrigno. Rather, he was naturally slender, so he more or less stuck with that look, gaining size gradually over time while mak-

ing eye-pleasing aesthetics his calling card. It worked, producing a three-peat of Olympia titles in the late 1970s and a demand for his images and insights that remains strong today, more than 30 years after his last competition in 1983.

"Contrary to advice I got over the years, I always managed to train for what my strong points were," Zane says. "I got a lot of bad advice."

Even Joe Weider told him to get bigger. "I would say, 'Come on, Joe, take a good look at what's there,'" Zane says. "The thing is, I have a small bone structure. My wrists are like 6½ [inches]. I trained relatively heavy, and I did build a good amount of mass for my size,

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LEG MEN: Arnold Schwarzenegger and Zane were frequent training partners—and Zane usually dominated on leg days.



but I always kept an eye on my proportions. I analyzed what strengths I had and maximized those. I only wish I would have gone more in that direction. I wish I had stayed leaner and weighed less and just went for the detail and definition. I might not have won much, if anything, but I've always preferred that look."

Even as he got bigger, Zane always strived for superior symmetry. And he did so in a unique manner. He didn't pay attention to numbers like weight, body-part measurements, or body-fat percentage. He used the eyeball test. But not through the mirror; rather, with photos he had taken of himself while preparing.

"Everybody's hung up on numbers," says Zane,

"but I never did that. I just looked at the images. Because in the contest, that's what [the judges] are doing. You become more objective when you look at photos of yourself rather than just looking in the mirror. When you look into the mirror there's distortion. First of all, you see yourself backward. Try looking at an image of a physique doing an asymmetrical pose, and then flip it. It looks very different. And then the other thing is, in the mirror you see what you think you look like. Your self-image is a big deal. When people look into the mirror, they see one of two things. They don't see what's there. They see something better than what's there or they see something worse. An anorexic woman looks in the mirror and she always sees a fat person. Guys tend to be the other way: They think they look better than they really do."

The photos from Zane's last Olympia win in '79 are his favorites, at least from a competition standpoint. "I had a really good combination of size and muscularity that year," he says. "I was 190 or 195 at the show. I have two other favorite years. One is 1976. I was in incredible shape that year. Not as heavy, but the quality of the muscle was really my favorite. And then the other year was 1983. Those three years, in that order. The other years, I wasn't so impressed."

SAMPLE ZANE WORKOUT

Back, Biceps, Forearms, Abs

EXERCISE	SETS	REPS*
Two-arm Lat Stretch	—	15 sec.
Lat Pulldown	2	10
Low Cable Row	2	10
Dumbbell Shrug	2	10
One-arm Dumbbell Row	2	10
One-arm Lat Stretch	—	15 sec.
Dumbbell Concentration Curl	2	10
Preacher Cable Curl	2	10
Prone Incline Dumbbell Curl	2	10
Barbell Curl	2	10
Reverse Curl	2	10
Wrist Curl	2	10
Crunch	2	25
Hanging Knee Raise	2	25
Seated Oblique Twist	1	100
Row Machine	1	500 Meters

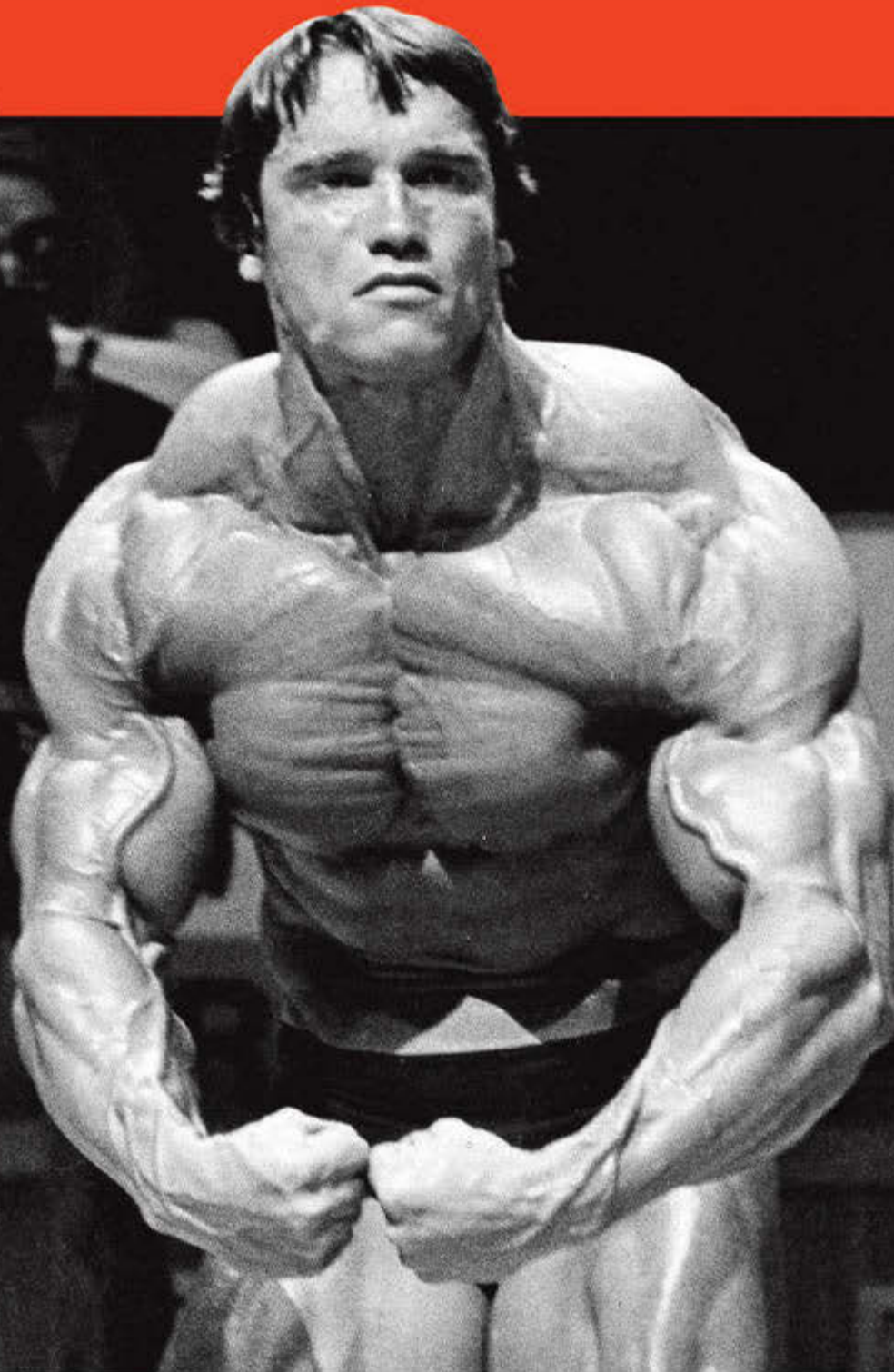
*Reps performed with "slow negatives"—two seconds on the concentric (positive), four seconds on the eccentric (negative).

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ARNOLD SCHWARZENEGGER

To many, the physique of Arnold Schwarzenegger has yet to be surpassed, even today, four decades after his physical peak. The seven-time Mr. Olympia combined size, shape, and definition in a nearly perfect package. His enormous chest and perfectly peaked biceps are incomparable, even in today's era of mass monsters and advanced exercise science. The Oak's physique of the 1970s still represents an almost mythical ideal.

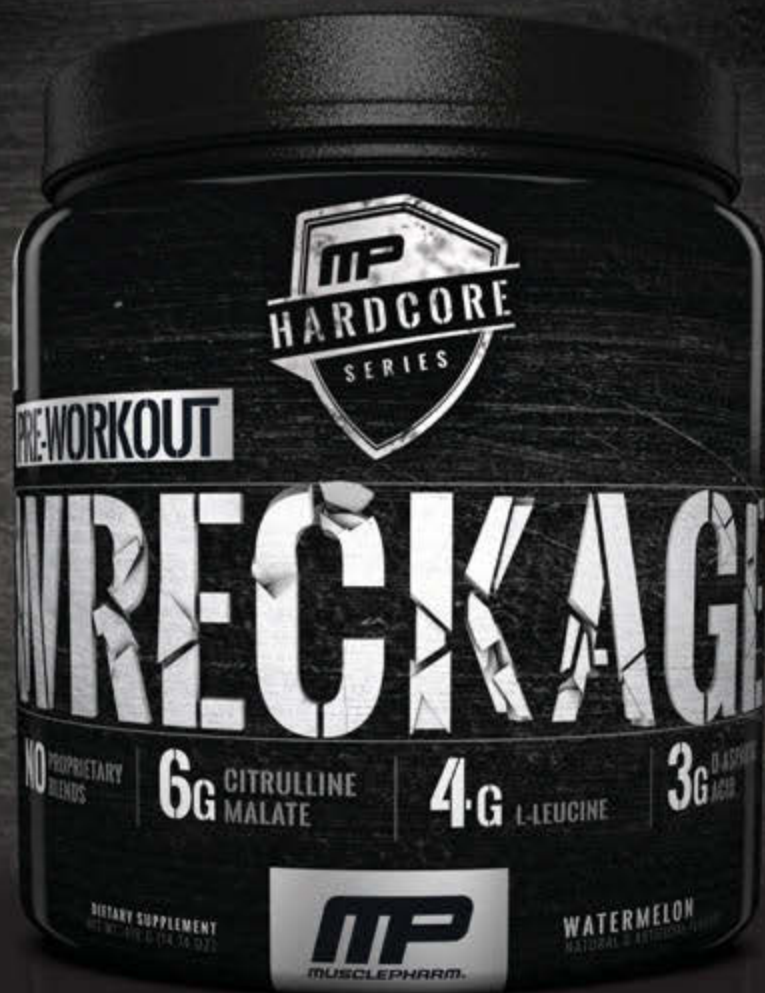
SAMPLE SCHWARZENEGGER WORKOUT

Biceps

EXERCISE	SETS	REPS
Barbell Cheat Curl	6-7	6-8
Incline or Seated Dumbbell Curl	6-8	6-8
Barbell Preacher Curl	6-7	6-8
Concentration Curl	5	6-8

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JEREMY BUENDIA

Jeremy Buendia may not be a household name yet, but the reigning Men's Physique Olympia champion could soon change all that.

SAMPLE BUENDIA WORKOUT

Chest

EXERCISE	SETS	REPS
Dumbbell Incline Press	4	8-12
Cable Incline Flye	4	10-15*
Smith Machine Incline Press	7**	8-12
Smith Machine Flat Bench Press (1½ reps**)	4	To Failure
Chest Contractions	3	5****

*After each set, do 15 pushups, then flex the pecs and hold for a 10-second contraction.

**FST-7 method; stretching between sets with rest periods of 30-60 seconds.

***From the chest to halfway up, back down, and then all the way up is one rep.

****Squeezing the pecs and holding the contraction for seven seconds is one rep; pushups are performed between sets as a burnout.

FLEX WHEELER

Ken "Flex" Wheeler is widely considered to be the best bodybuilder to never win an Olympia. A dubious distinction? Not at all. Wheeler's physique was a thing of beauty—a memorable hybrid of size, definition, and symmetry. He was a legendary bodybuilder in a decade (the 1990s) rife with them.

SAMPLE WHEELER WORKOUT

Quads/Glutes

EXERCISE	SETS	REPS
Unilateral Leg Extension	4	20
Barbell Squat	4	10
Leg Press	4	20
Unilateral Leg Press	4	20
Leg Extension	4	20

Weight was increased every set for all exercises (pyramid).



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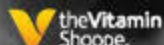
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PHIL HEATH

The reigning Mr. Olympia possesses a physique unlike any other in bodybuilding history—not quite as big as predecessors Jay Cutler and Ronnie Coleman, but arguably more complete, pound for pound.

SAMPLE HEATH WORKOUT

Back

EXERCISE	SETS	REPS
Chinup	4	8-12
Seated Cable Row	4	8-10
Barbell Bentover Row	4	8-10
One-arm Dumbbell Row	4	8-10
Machine Row	4	8-10

BOB PARIS

If one bodybuilder in history could rival Zane for the symmetry and aesthetics title, it's Bob Paris. His best Olympia finish of seventh (1984) doesn't do his physique justice.

SAMPLE PARIS WORKOUT

Abs

EXERCISE	SETS	REPS
Decline Crunch	3	20-25
Hanging or Seated Knee Raise	3	20-25
Twisting Crunch	3	20-25



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STEVE REEVES

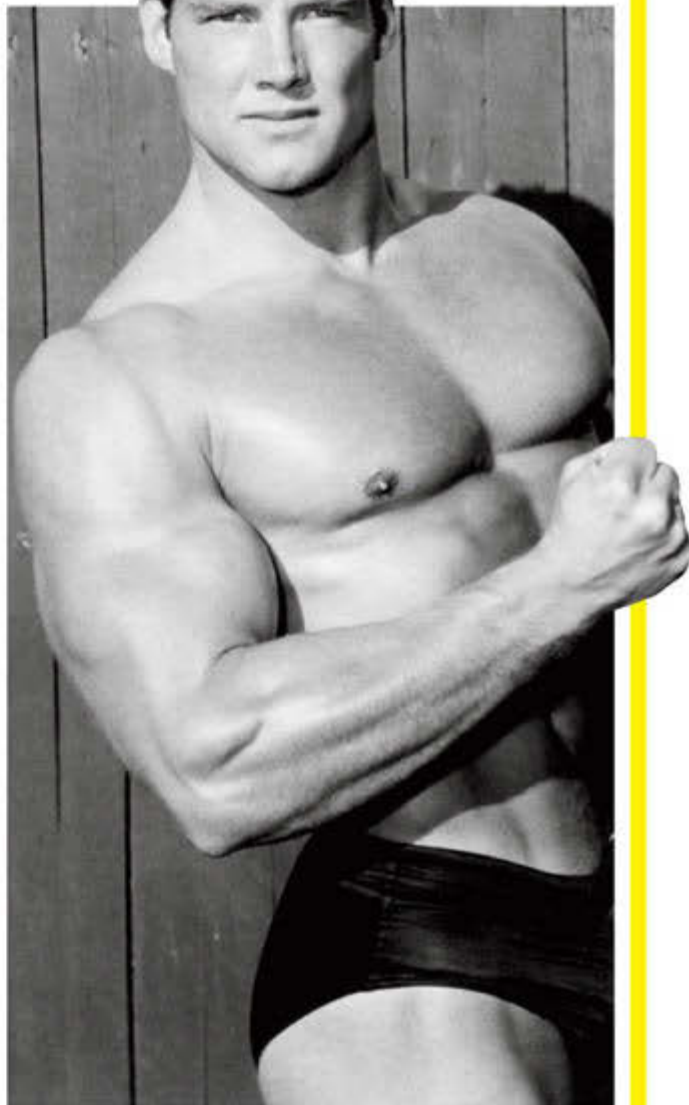
If it weren't for Steve Reeves starring in such movie roles as *Hercules*, guys like Schwarzenegger and Ferrigno may not have realized it was possible to go from stage to screen so successfully. Reeves' good looks and muscular build make him one of bodybuilding's biggest icons ever.

SAMPLE REEVES WORKOUT

Full Body

EXERCISE	SETS	REPS
Dumbbell Swing (warmup)	3	12
Upright Row	3	8-12
Bench Press	3	8-12
One-arm Dumbbell Row	3	8-12
Dumbbell Lateral Raise	3	8-12
Incline Bench Press	3	8-12
Triceps Pressdown	3	8-12
Barbell Curl	3	8-12
Seated Dumbbell Curl	3	8-12
Squat	3	8-12
SUPERSET WITH Pullover	3	8-12
Breathing Squat*	1	20
SUPERSET WITH Breathing Pullover*	1	20
Deadlift	2	8-12
Good Morning	2	8-12

*Exhale during concentric phase.



LEE HANEY

The eight-time Mr. Olympia (1984-1991) represents the transitional phase between bodybuilding's golden age and the modern day era where mass is king. Haney's physique was the best of both worlds: dominating size and an equal dose of symmetry.

SAMPLE HANEY WORKOUT

Back

EXERCISE	SETS	REPS
Barbell Bentover Row	4-5	12-6*
Lat Pulldown	3-4	8-10
Seated Cable Row	3-4	8-10
Dumbbell Shrug	3-4	10-15

*Pyramid-increasing weight and decreasing rep count every set.



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JOHN CENA

At 6'1" and a superlean 250 pounds, the 37-year-old WWE star is a blend of a bodybuilder, powerlifter, and NFL linebacker. This explains why he's been on the cover of both *M&F* and *FLEX* magazines multiple times.

SAMPLE CENA WORKOUT

Arms

EXERCISE	SETS	REPS
Seated One-arm Dumbbell Overhead Extension	3-4	8-10
Parallel Bar Dip	3-4	8-10
Chinup or Preacher EZ-bar Curl	3-4	8-10
Alternating Dumbbell Curl	3-4	8-10

GREG PLITT

The recently deceased Plitt (at age 37) was easily the most accomplished fitness model of the past 10 years, with a body every guy would love to possess. We'll miss him.

SAMPLE PLITT WORKOUT

Biceps

EXERCISE	SETS	REPS
Barbell Curl	3	10, 8, 6
SUPERSET WITH		
Forward Bend Curl*	3	10, 8, 6
Preacher Spider Curl (p. 142)	3	10, 8, 6
Seated Alternating Dumbbell Curl	3	10, 8, 6
Guillotine Curl**	3	10, 8, 6

*Lean forward 30 degrees.

**Attach a straight bar to a high pulley. Lie on the ground and curl the bar to your forehead.



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JEAN-CLAUDE VAN DAMME

The 1988 movie *Bloodsport* thrust Van Damme into the public eye as the biggest martial arts star since Bruce Lee. Now 54, he's still in great shape and starring in leading action roles.

SAMPLE VAN DAMME WORKOUT

Arms/Shoulders Circuit: Do 3-4 total circuits.

EXERCISE	REPS
Lying DB Triceps Extension	15
Tate Press	15
Alternating Machine Shoulder Press	12
Lateral Raise	10
Underhand Lateral Raise	10
Single-arm Dumbbell Preacher Curl*	12 each

*On the last two reps for each arm, perform a 10-second negative.

DWAYNE JOHNSON

The Rock's physique has fluctuated in size over the years—a product of parlaying Division-I college football and pro wrestling careers into one as a leading man in Hollywood. But what's always remained constant is that Johnson's body appeals to everyone. A woman who says she's not attracted to him physically? Men who say they wouldn't like to possess that physique? Liars, all of them.

SAMPLE JOHNSON WORKOUT

Shoulders

EXERCISE	SETS	REPS
Seated Dumbbell Overhead Press	3-5	10-15
Dumbbell or Barbell Front Raise	3-4	10-15
Lateral Raise	3-4	10-15
Bentover Lateral Raise or Reverse Pec-deck Flye	3-4	10-15
Lateral Raise	3-4	20-25
Barbell Shrug	3-4	8-10
Dumbbell Shrug	3-4	10-12



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DOLPH LUNDGREN

As Ivan Drago in 1985's *Rocky IV*, Dolph Lundgren's physique became instantly iconic as the symbol of what an athlete is capable of when superior genetics collide with cutting-edge technology and Soviet willpower. Losing to Balboa at the end did little to squash Drago's intimidation factor, as the *Apollo Creed* fight was still fresh in our minds.

SAMPLE LUNDGREN WORKOUT

Abs, Shoulders, Arms, Core, Cardio

Warmup: Five minutes on an exercise bike.

EXERCISE	SETS	REPS
Hanging Leg Raise	3	15-20
Arnold Press	4	15,12,10,8
Combination Shoulder Exercise*	3	12
Standing Dumbbell Curl	4	15,12,10,8
Concentration Curl	2	15
Skull Crusher	4	15,12,10,8
Rope Pressdown	2	15
Hyperextension	4	15
Swiss Ball Situp	4	15
Whole-body Static Stretching	-	-
Cardio: Shadowboxing, Punching Bag, or Jumping Jacks	-	-

*A combination of dumbbell lateral and front raises creates an uneven load; hands are switched halfway through each set.



JASON STATHAM

This action star's physique functions just as well as it looks. Statham's athletic background includes martial arts along with a 12-year stint on Britain's National Diving Squad.

SAMPLE STATHAM WORKOUT

Total Body

EXERCISE	SETS	REPS
Bulgarian Split Squat	-	*
CIRCUIT 1:		
Rope Climb (no feet)	4	-
Shrug	4	10
EZ-bar Curl	4	10
CIRCUIT 2:		
Pullup	4	10
Incline Bench Front Raise	4	10
Hammer Curl	4	10

*Working up to a 5-rep max.



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TERRY CREWS

You won't find a more impressive physique in Hollywood today than the one belonging to Terry Crews. Now in his late 40s, the former NFL special teams journeyman balances a demanding training split with an exhaustive TV and movie shoot schedule that's included *The Expendables 3* and *Brooklyn Nine-Nine* (among many other projects) in recent years. **MAF**

SAMPLE CREWS WORKOUT

Shoulders, Full-body Circuit

EXERCISE	SETS	REPS
Dumbbell Upright Row	1	6
Dumbbell Power Clean	1	6
Dumbbell Romanian Deadlift	1	6
Dumbbell Squat Jump	1	6

Crews performs the above exercises as a continuous circuit, resting about two minutes after squat jumps and completing four circuits total.

Dumbbell Front Raise	4	10
Arnold Press	4	10
Dumbbell Lateral Raise	4	10
Dumbbell Bentover Lateral Raise	4	10
Shoulder Press Machine	4	10



SYLVESTER STALLONE

Sly became the poster child for functional yet shredded muscle with the release of *Rocky III* in 1982. Since then, things haven't changed much, other than his age. At 68, he's still lean and shooting action films.

SAMPLE STALLONE WORKOUT

Upper Body (Pull)

EXERCISE	SETS	REPS
Angled Weighted Pullup*	3-4	6-12
Unilateral Low-cable Row	3-4	14-16
Plate-loaded Machine Shrug	3	6-12
T-bar Row	3	10-12
Squat Jump + Pullup	3	8
Standing Uneven Barbell Curl**	3	8-12
Machine Curl	3	12-18
Hammer Curl	3	18-30
Standing Calf Machine Shrug	3	6-12

*Pulling his chin to his hand; alternating hands every other rep.

**One hand in the middle of the bar, the other closer to one side, to create an uneven load; hands are switched halfway through each set.



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EXTREME

What it takes to compete in the Highland Games, p52.

RETRO

Travel 30 years back in time to our April '84 issue, p54.

COLLEGE LIFE

Inside the stellar fitness facilities at Texas A&M, p55.

ASK THE DOC

Our resident sports doc on Achilles tendon pain, p58.

EDGE

NEWS / INTERVIEWS / SPORTS / GEAR

Still Sexy

SHAWN MICHAELS

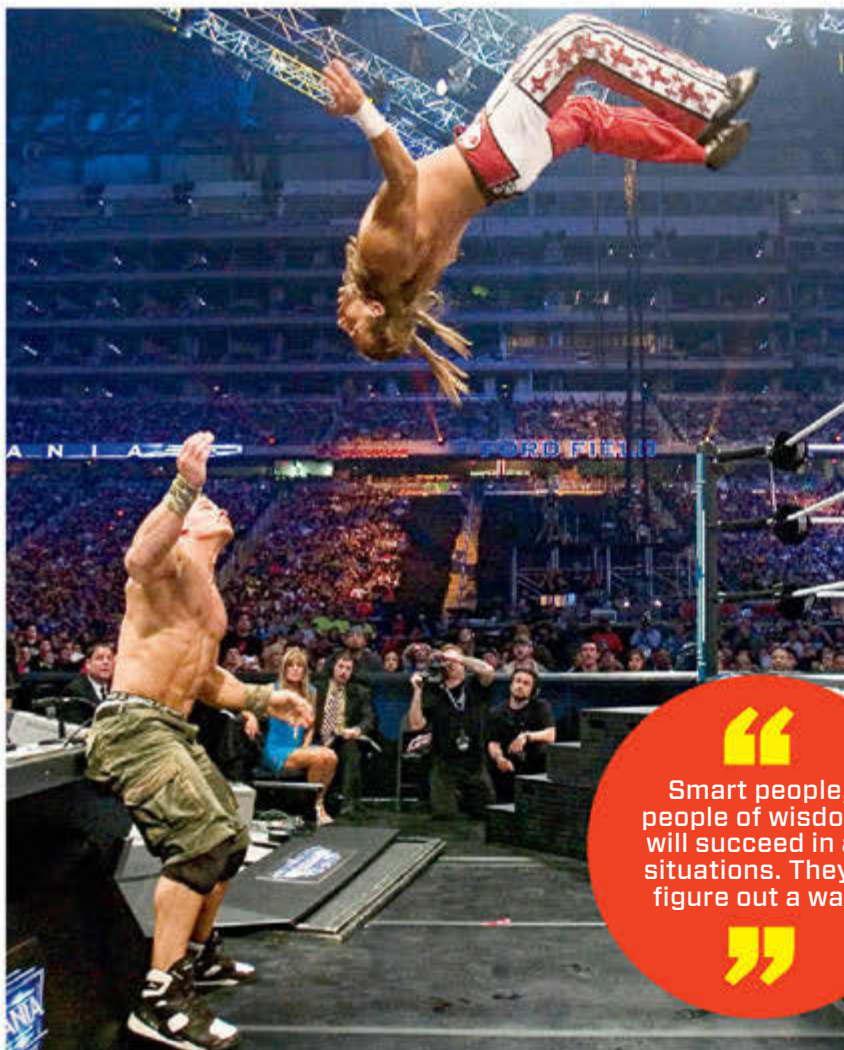
has wowed fans for more than two decades as a WWE Superstar. Now, in his new autobiography, *Wrestling for My Life*, he talks about his faith and takes readers behind the scenes of his legendary career.

BY MATT TUTHILL



TURN HERE FOR OUR EXCLUSIVE INTERVIEW WITH SHAWN MICHAELS





“
Smart people,
people of wisdom,
will succeed in all
situations. They'll
figure out a way.
”

M&F: So much of the book is about how you found your faith later in life. But your WWE character was a real lady-killer; one of your nicknames was “the Heartbreak Kid.” Do you think you’d have been able to be that if you found God earlier in life?

SM: I don’t have any idea. I would likely say not. But at the same time, in any job, you grow with the job. The same thing with one’s faith—you grow with that. I know when I first found my faith, I was hypersensitive to absolutely anything that might not be good. Then, over time you begin to recognize you’re playing a part. The guy who plays Satan or Judas in the church play—nobody comes up to him after the play and says, “Hey, I noticed you were pretty rough on Jesus out there.”

Later in your career you were ripped, but you were bigger in your early years. Was there ever any pressure to get big?

No, there wasn’t any pressure in that respect from anyone. I was training with guys like Kevin Nash and Triple H, guys who like to get in the gym and train hard to this day. When I came back in 2002, after the back injury—for four years I had been out—I found that a lot of those heavier weights were going to be a thing of the past. It was easier on my body, and I stayed healthier carrying less weight.

Did you feel like a trailblazer as a smaller guy who was huge with the fans?

When you’re not 6’6” and you’re not going to be 250 pounds, you have no

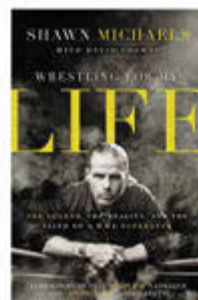
choice but to make it work however you can. You’re thankful that you’re athletic, and you do your best to use that athletic ability. Bret [Hart] and I both tried to focus on that.

You sang your own theme song, with lyrics like: “I’m just a sexy boy. I’m not your boy toy.” Did you ever think you’d still be coming out to it decades later?

No, I never thought that. Jimmy Hart is the guy who wrote the song. He first recorded it, and then he came up with the idea for me to do it, and I can remember not being thrilled with it. I said, “Oh, my goodness I can’t sing.” But I tell ya, it’s grown a life of its own. It’s funny because it’s obviously so not me, but it’s a toe tapper and people get a kick out of it. When I look back on all of it—the song, the career—I look back on it with the most pleasant smile a guy could ever have because I’m extremely fortunate. I got to live my dream, and that’s pretty rare.

What are your thoughts about the PG nature of WWE now versus the Attitude Era?

Don’t get me wrong, the Attitude Era was fantastic, but it was four years, and I guess that’s something people don’t think about. We started doing it in ’97, and by the time I came back in 2002 it was done. I guess there was a little bit of it, but it wasn’t much. It was four years. It’s been built into mythical proportions. You do the best job you can whether it’s the Attitude Era or the PG Era. Successful people succeed in all situations. Talented people succeed in all situations. Smart people, people of wisdom, will succeed in all situations.



WRESTLING FOR MY LIFE
Shawn Michaels’ autobiography is available in bookstores everywhere and at amazon.com.

The Good Fight

Despite a cancer diagnosis, CrossFit trainer Will Lanier is more focused than ever. **BY JESSICA GOLDMAN**

RECENTLY, WILL LANIER

was diagnosed with colorectal cancer, the painful symptoms of which he'd been feeling for years. "Having suffered for more than nine years leading up to the cancer diagnosis, getting a name for it was almost a relief," he says. "Having said that, cancer is a serious disease, and I didn't take it lightly, but I finally had a solution for the suffering." That answer was surgery, to remove the cancer before it spread.

Now cancer-free, the CrossFit coach and general manager of Brick New York will have to hit the weights again after months of recovery. "It feels great to be back," he says. "I'm excited about the journey. I get to

restart my training. In 2010, I was starting from zero. Now in 2015, I'm in a restart."

He started training CrossFit in 2010, when he still lived in Texas. After moving to New York City, he joined Brick New York, a "box." His enthusiasm for CrossFit was infectious, and a few weeks in, Brick asked if he'd like to become a coach. He immediately said yes. Through the support of the CrossFit community during his fight with cancer, Lanier has learned the importance of fighting.

"Positivity comes from the fight. The fight keeps you in the moment, and when you're finished, it's the fight that makes you proud and it's the fight that brings you back the next day."



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**WEIGHT
THROW**

The lightweight throw consists of hurling a 28-pound weight for distance. Matt's record is 94 feet, 2½ inches.



Staying Power

MATT VINCENT is the reigning champ of the world's oldest strongman competition.

BY MARK BARROSO

DATING BACK TO 11TH

century Scotland, the throwing and strength contests known as the Highland Games are more than a sport—they're a traditional cultural event. Complete with grandiose festivities such as bagpipes and dance competitions, the Highland Games consist of eight or nine grueling events, with goals of

distance, height, or accuracy. To prepare for the likes of the weight throw (pictured above), and caber toss (throwing a 120-pound pole end over end), barbell training doesn't quite cut it.

"Highland Games is about maintaining a balance among speed, strength, and technique," says 2014 Highland Games World Champion

Matt Vincent. "It's more of a test of athleticism than most sports."

The 6', 265-pound former collegiate thrower keeps implements in his truck to throw in a field near his house. In season, he travels the world for 20 weeks, event training and lifting three to four days a week.

Vincent has seen his fair share of accidents. "The caber is dangerous because amateurs will try to ride it to the ground if it's falling, but it'll pick up and knock your teeth out or break your collarbone," Vincent says. "I've seen people break legs running with the caber, get hit by stones or hammers, and one guy got hit in the head with a stone."

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EDGE RETRO



75 YEARS OF M&F

You Can Do It

New age self-help mantras ruled the day in the April 1984 issue of *Muscle & Fitness*.

"IT'S ALL IN YOUR HEAD."

"See it, believe it, achieve it..." The power of positive thinking was the overriding theme of this classic issue of M&F, covered by aesthetic legend Bob Paris (included in our greatest physiques feature on page 24). Two separate stories explored the benefit of developing a winning mindset. The first, called "Mind Games," was written by sports psychologist Tom Kubstant. It cuts to the chase and provides a mental assessment quiz, followed by bullet-pointed tips on how to overcome mental barriers. The second, "Never Say Never," is a feature on the late hypnotherapist

Peter Siegel, who claimed the ability to hypnotize bodybuilders all the way to the top. But the new age mind-over-matter mantras seeped into other departments as well. There was a feature story titled "Love vs. Muscles" that attempted to determine, once and for all, if sex right before or after a workout will have a detrimental effect on performance. So do women weaken legs? Well, the first 3,750 words of the story were dedicated to explaining the psychology of attraction and erections. So after author Ken E. Leistner forced you to retake sixth-grade biology, the answer finally came in the closing paragraphs: Sex has no detrimental effect on performance—unless you think it will. Way to take a stand, '80s M&F.

The rest of the issue, of course, had some solid workouts, but moreover, was a treasure trove of ridiculous headlines: Frank Zane penned a feature, "Developing My Chest Was Hell!" and the feature "Bottoms Up" highlighted Rachel McLish's glutes training—with plenty of pics. The winner, though, was the headline that accompanied Bob Paris' cover story on his leg training: "Try This on for Thighs." We couldn't out-camp this thing if we tried.



MEMORY LAME
From the porno 'staches to wonky headlines with bad puns, we can't really defend this one.



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of the department of recreational sports. "There's a tradition of being physically active dating back to before 1963, when ROTC was mandatory."

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Social Media Siren

Odds are you're one of model **PAIGE HATHAWAY's** 4 million social media followers (1½ million on Instagram alone). If so, you probably think you know all there is about her. But you don't know the half of it; at least that's what she says.

BY **BRITTANY SMITH**

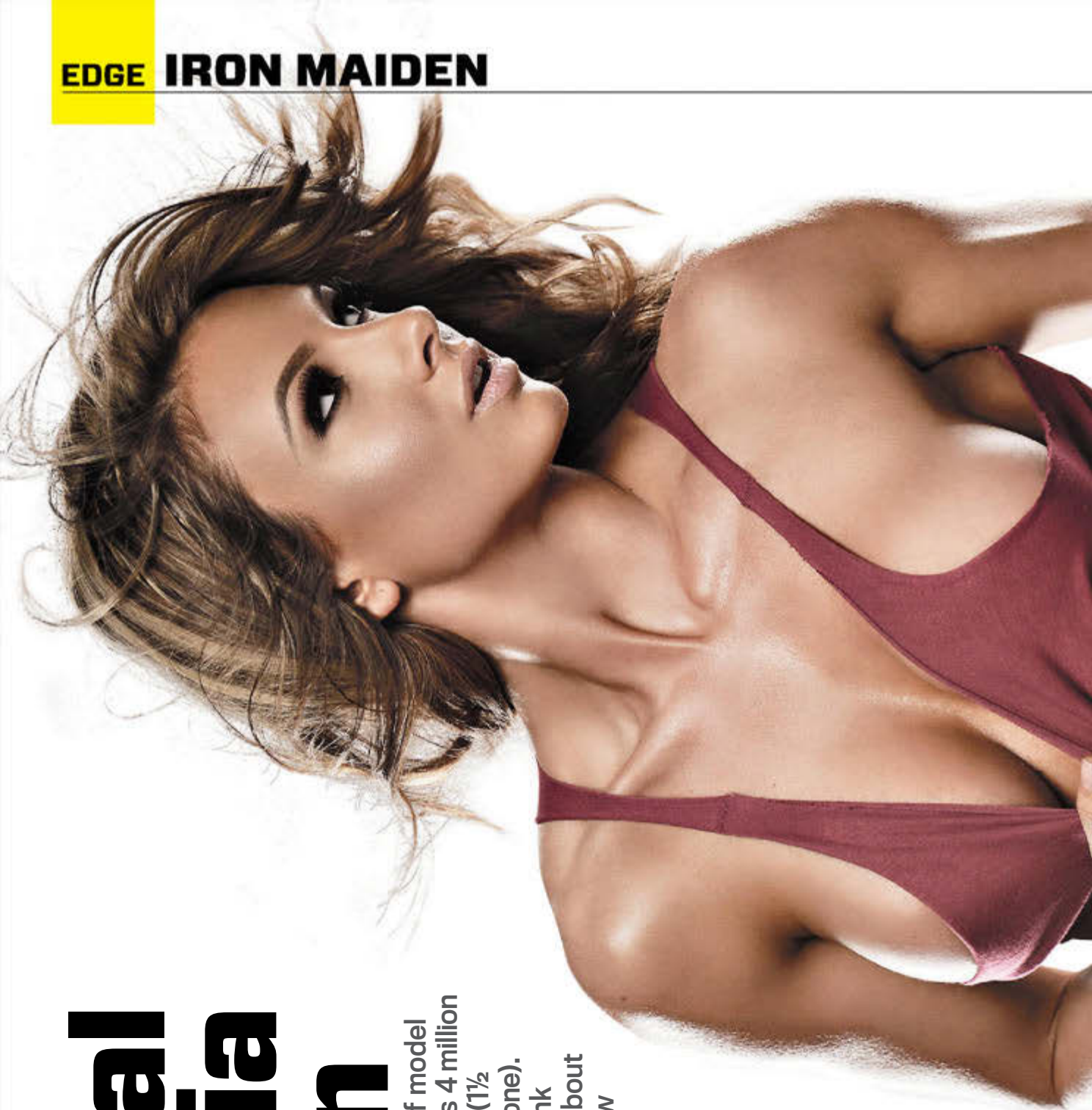
SHE...

...was born in Washington state, then moved to Mustang, OK

...is a sucker for cheese pizza (extra cheese, obviously)

...could watch *Talladega Nights* 500 times

...has a degree in sports medicine





...would love to work with the Oklahoma City Thunder

...dreamed of being a singer (à la Britney Spears, maybe)

...despises burpees

...stripped naked for a photo shoot and was teased for being so shy

...feels sexiest in Converse, cutoffs, and a tank top

...grew up in foster care but is all the more proud of the success she's created despite it

...was once caught taking a goofy Snapchat with her braid under her armpit

...receives requests for her smelly gym shoes, marriage proposals, and jewelry from fans

...has used Tinder and thinks dating sites are the best way to meet people

...confesses she may be single because she's too picky

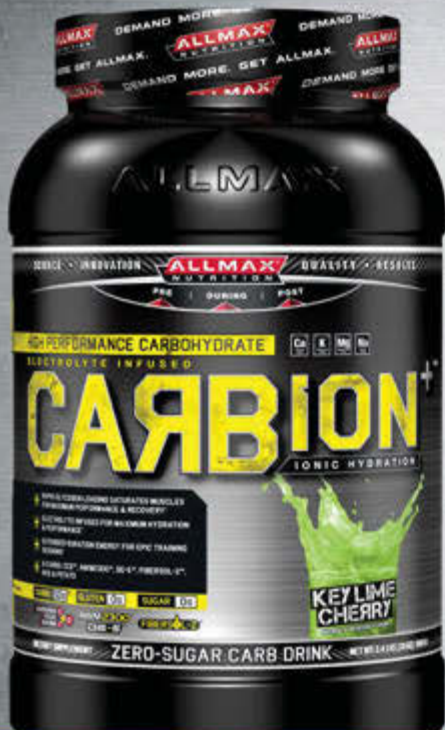
...is looking forward to "finding a 'normal' guy"

...can change her own brake pads and work on a car

...regrets not saying Yes! to fitness modeling years ago

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BY VICTOR PRISK, M.D.

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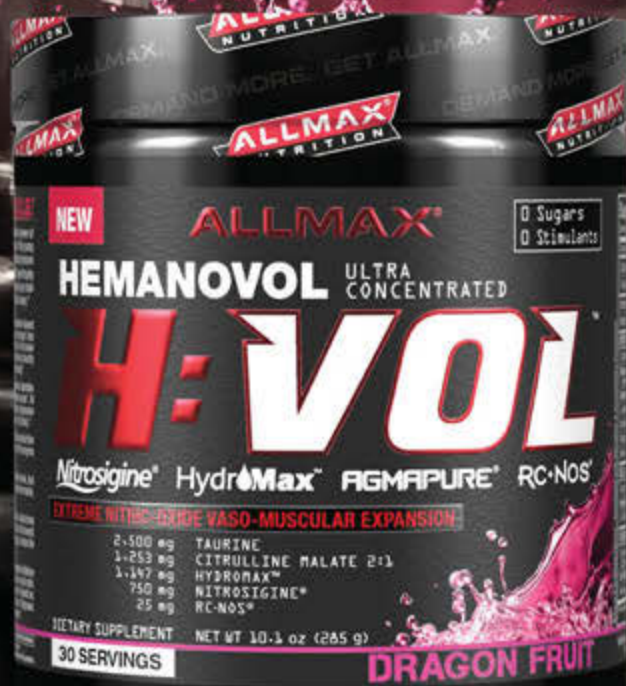
your back knee straight and your heels on the ground. Point the toe of your back foot toward the heel of the front foot to maintain tension on the Achilles. If you need more attention after consistent stretching, further stretching of the Achilles can be done using a dorsiflexion night splint (available in medical supply stores), which stretches the muscle as you sleep.



ABOUT THE DOCTOR

Victor R. Prisk, M.D., is a board-certified orthopedic surgeon, NCAA All-American gymnast, and GNC medical advisory board member.

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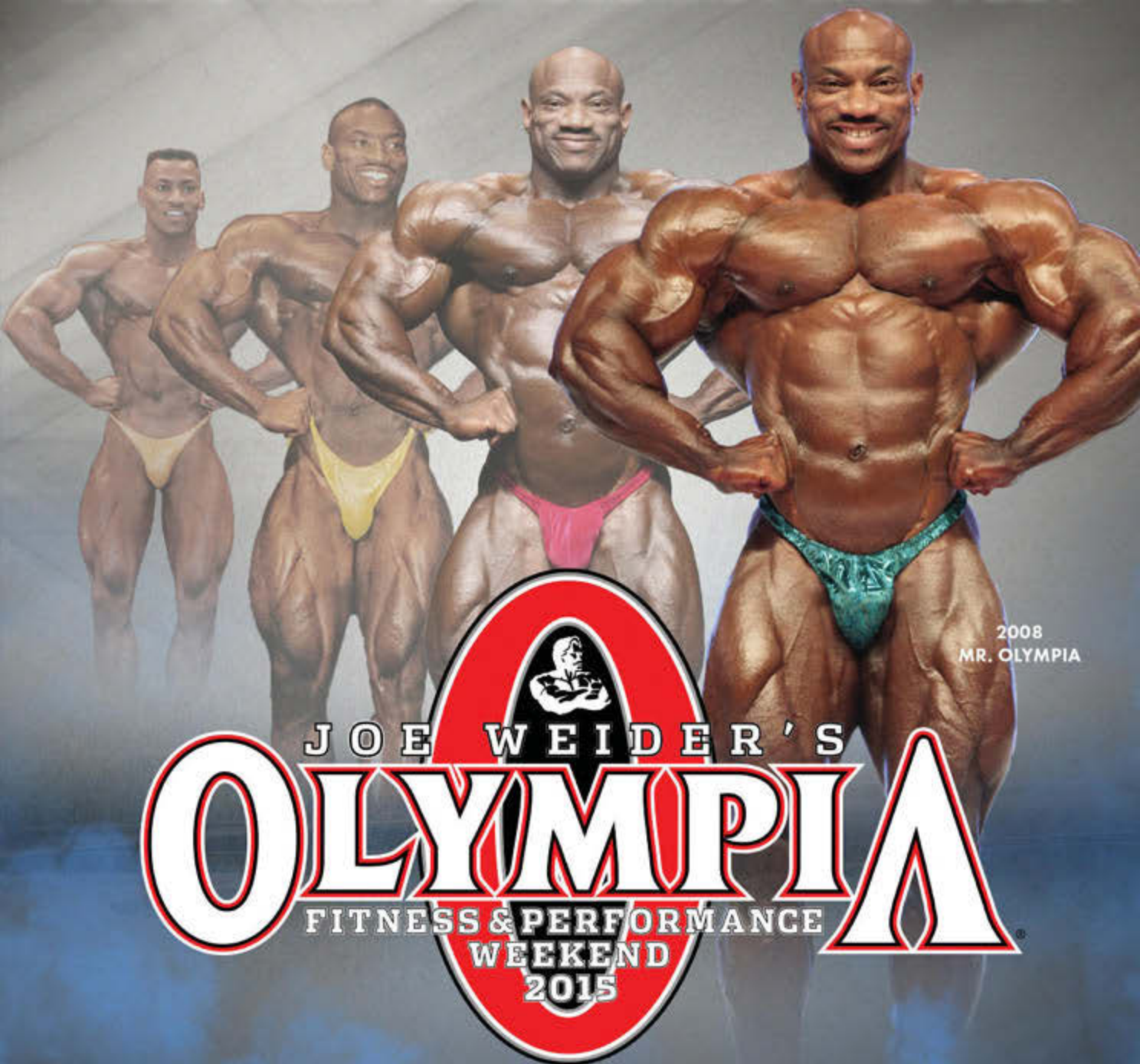


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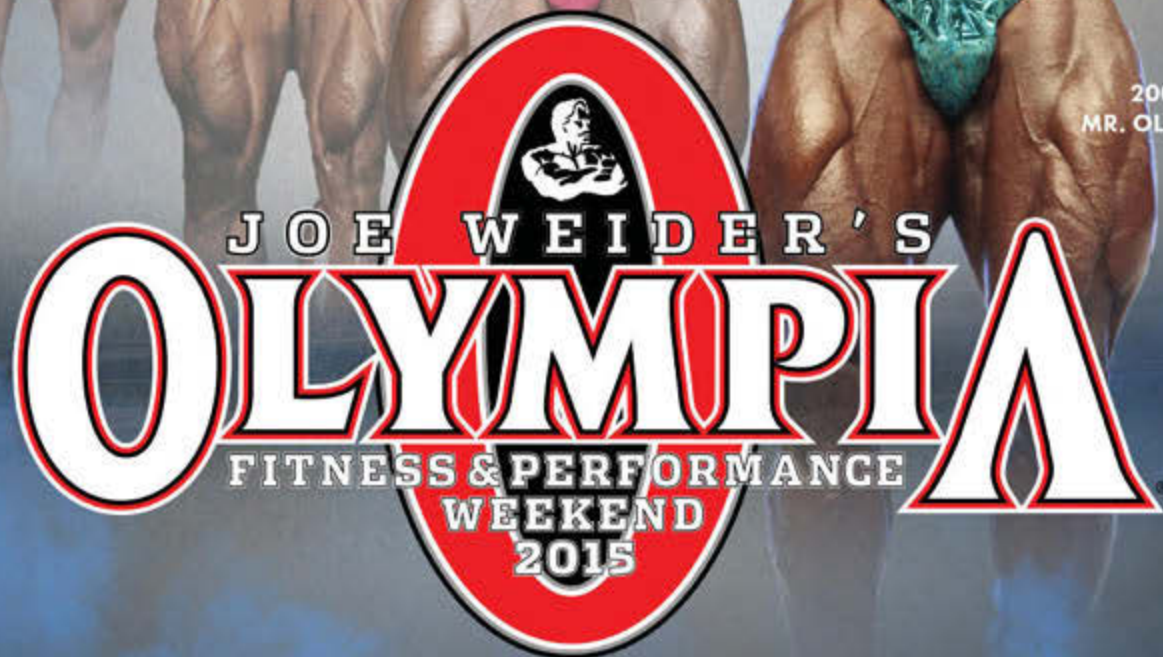
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HARDCORE

Why the yoke frame is totally indispensable, p68.

CROSSFIT

What's worse than walking lunges? Atlas stone lunges, p70.

ABS AND CORE

Overhead stepups build load-bearing abdominals, p72.

PHYSIQUE

Inside Matt Christianer's intense shoulder workout, p76.

TRAIN

BUILD MUSCLE, BURN FAT, PERFORM BETTER

The Hero Maker

You might not know **DUFFY GAVER**, but you know his work. The ex-Navy SEAL-turned personal trainer worked his celebrity transformation magic on Brad Pitt (*Troy*), Tobey Maguire (*Spider-Man*), Chris Hemsworth (*Thor*, *The Avengers*), and more. Here, he spells out the difference between people who succeed and those who fail—with the no-nonsense candor that only a SEAL can really get away with.

AS TOLD TO MATT TUTHILL

TURN HERE FOR HIS WORDS OF WISDOM

LARRY SCOTT won the first Mr. Olympia in 1965. There was no Bulletproof Coffee. There was no Nike. There was no Hammer Strength. There was no Ripped Fuel. So if all of these things didn't exist, but he could still achieve that...what does that tell you? That all these things are unnecessary. **He had his will, his discipline, and his desire.** The three things they cannot market to you, because those are yours. You either get your handle on them, or you're doomed.

Look: Larry Scott may not look like Phil Heath, but he sure as hell looks better than you. So try not to be distracted. They want you to think it is outside you. It is inside you.

Me and my buddies opened a gym in Santa Monica called CrossFit BMF. The BMF is either Bad Motherf@\$#er or Bodybuilding Made Functional. However you want to look at it. So, **we're a CrossFit gym that does one-arm dumbbell rows, pec flies, lunges, and things like that.**

A lot of people getting into CrossFit want to look like Rich Froning, but they're not going to train like Rich Froning (three sessions a day, usually extremely heavy). So how do you look like Rich Froning without training like him? It's easy: bodybuild. If there were a better way to build muscle, bodybuilders would do it.

We have a T-shirt at my gym. On the front it says CrossFit BMF. On the back is all the films we've worked on. It is a humongous list of A-list films. We didn't get those guys fit by doing CrossFit. We got them fit by bodybuilding. We worked some CrossFit in—but that's after we achieved the physique we're looking for; that's when we're just playing games, and getting a little leaned out.

When I was training Brad [Pitt], I knew that putting size on his legs was going to be one of the bigger jobs. So we started having some very hard leg days. We were in the midst of one of those and I



GUNG HO

Gaver was a Marine and Navy SEAL sniper, and served in Operation Desert Storm before becoming a trainer.

said, "This is how hard being big is. Discomfort is where all of the change takes place." And you could just see it in his eyes. It clicked. He got up, got a grease pencil, and wrote, **"Discomfort is where change takes place"** on the wall in two-foot letters. And I thought, "He's in."

A guy told me he wants to tone his muscles. I said, "Well, you can stop talking like a girl. You want to build your muscles." To tone your muscles... I don't even know what that means. Were you bedridden? You build muscle. It's all bodybuilding. I don't know why we get away from that.

DUFFY'S WORKOUTS

ROWS AND PRESSES

The workout I really love right now is bentover rows and dumbbell presses as a circuit—eight sets of eight. Pick a weight that you can handle and don't stop even once.

HEAVY CIRCUITS

I'll combine an old-school bench pyramid, working up to a one-rep max, and for every set it takes me to get there, I do 20 pullups. Working from 15 bench reps down to 1...that's a hell of a day.



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BODYBUILDING.com



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Shoulder Shock

Lifting a barbell like it's a lever offers a unique way to blast your delts and your core. Try this variation of a lateral raise to work your shoulders through three different planes of motion at once.

BY BEN BRUNO



HOW TO DO IT LANDMINE LATERAL RAISE

- 1 USE A LANDMINE** unit or wedge the end of a barbell in a corner. Hold the other side by the end of the collar.
- 2 SLOWLY RAISE THE BAR** from in front of your left hip to over your right shoulder in an arcing motion.

WHY IT WORKS

Combining the front, lateral, and rear-delt raises into one, the landmine lateral raise works the delts through a full range of motion, while your core braces you.

TIP

A landmine unit is a metal cylinder that holds the end of a barbell and swivels so you can move it in different directions. If your gym doesn't have one, pick one up at roguefitness.com.



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QUICK TIP

Besides building core strength, heavy yoke carries provide intense cardio.

Yoked Up

Build car-carrying strength and WOD-closing stamina with one piece of equipment.

BY NATE FORSTER

SINCE YOKE FRAMES

are uncommon, you'll often see the farmer's walk offered as a substitute in workouts that call for a yoke frame. But just because you can switch one piece of equipment for another doesn't mean you should.

Available in most CrossFit gyms and online at roguefitness.com, yoke frames are indispensable. The most notable difference between a yoke carry and a farmer's walk is that in a yoke carry, grip strength is eliminated as a limiting factor since the weight is loaded across your shoulders. This lets you use an exponentially higher load and develop inside-out core strength that is transferable to every exercise known to man.

YOKE CARRIES NATE'S ADVICE

THE MOVE

To get the yoke off the ground, stand it up like you would a squat. Then be sure to keep your core engaged at all times. Use quick, shallow breaths as you walk forward with small steps. Maintain posture.

THE WOD

Heavy yoke frame carries can be melded into nearly any workout, but this yoke-laden WOD is one for the books.

FIVE ROUNDS FOR TIME

5 burpee box jumps

10 power cleans*

15 pullups

◀ 20-foot yoke walk*

* For the cleans and yoke walks, choose a weight that allows you to complete the number of reps or distance listed.

RON MATHEWS
NutriForce Sports Athlete

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Ron Mathews, age: 45

Actor, Cover Model, Network TV Elite Fitness Instructor,
Celebrity Trainer, Masters CrossFit Games athlete
Co-author of the book 'Evolution' with Joe Manganiello

Ron's Stack

Chocolate NutriWHEY

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drink mix

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Pre-workout for boosting muscular endurance

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BCAA's featuring CherryPure™ for supporting
recovery from muscle soreness



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WHERE TO BUY

Atlas stone molds are available for purchase at hybridathleticsapparel.com.

Stone Cold Crazy

Lifting atlas stones onto a platform is one thing. Combining them with an exercise no one loves? That's torture.

BY ROB ORLANDO

THERE IS NO BETTER argument to make in favor of the walking lunge than this: Ronnie Coleman won eight Mr. Olympia titles with walking lunges as a cornerstone of his leg program. Coleman knew that walking lunges stimulate a tremendous amount of muscle fibers in the glutes, hamstrings, and quads. And there are other hidden benefits to doing lunges such as increasing hip mobility and building core strength. At my gym, Hybrid Athletics, we have our own spin on walking lunges, combining them with one of our favorite implements—the atlas stone. Below, I break down how to attack this advanced variation of one of the world's most effective leg exercises.



QUICK TIP

Once you've gotten the hang of it on your dominant shoulder, try the opposite side. It will be much more difficult and require more core stabilization.

THE WORKOUT

50 WALKING LUNGES WITH AN ATLAS STONE

If holding the stone at your shoulder, use one that's 75% of your body weight. If the stone is on your gut use 60%. Do as many sets as necessary.

- 1** **Squat down and wrap** your arms around the stone. Dead-lift it up to your lap. From there, either roll it to your shoulder or stand up and hold the stone at your gut.
- 2** **Once you've** secured the stone in position, step forward and lower your body toward the floor until your back knee gently kisses the ground. Keep your upper body tall.
- 3** **Stand up** out of the lunge by driving through the heel of your front foot and bring the back foot up to meet the front foot. Repeat for an equal number of reps on each leg.

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LIVE WELL

Step Up Your Abs

Standing on one leg knocks you off balance, forcing your core to brace you. So does pressing a weight overhead. Combine both with the overhead stepup to hit your core from top to bottom.

BY SEAN HYSON, C.S.C.S.

1

HOW TO DO IT OVERHEAD STEPUP

Program tip: Start with three sets of eight reps on each side.

1 **SET A BOX** in front of you that's high enough to put your thigh parallel to the floor when you place your foot on it. Hold a light barbell overhead.

2 **STEP UP** onto the box, driving through your heel. Raise the knee on your opposite leg up to 90 degrees as you're stepping up onto the box. Control your body as you step back down.

QUICK TIP

Use a light weight and take it slow. Use a spotter, too, if possible.



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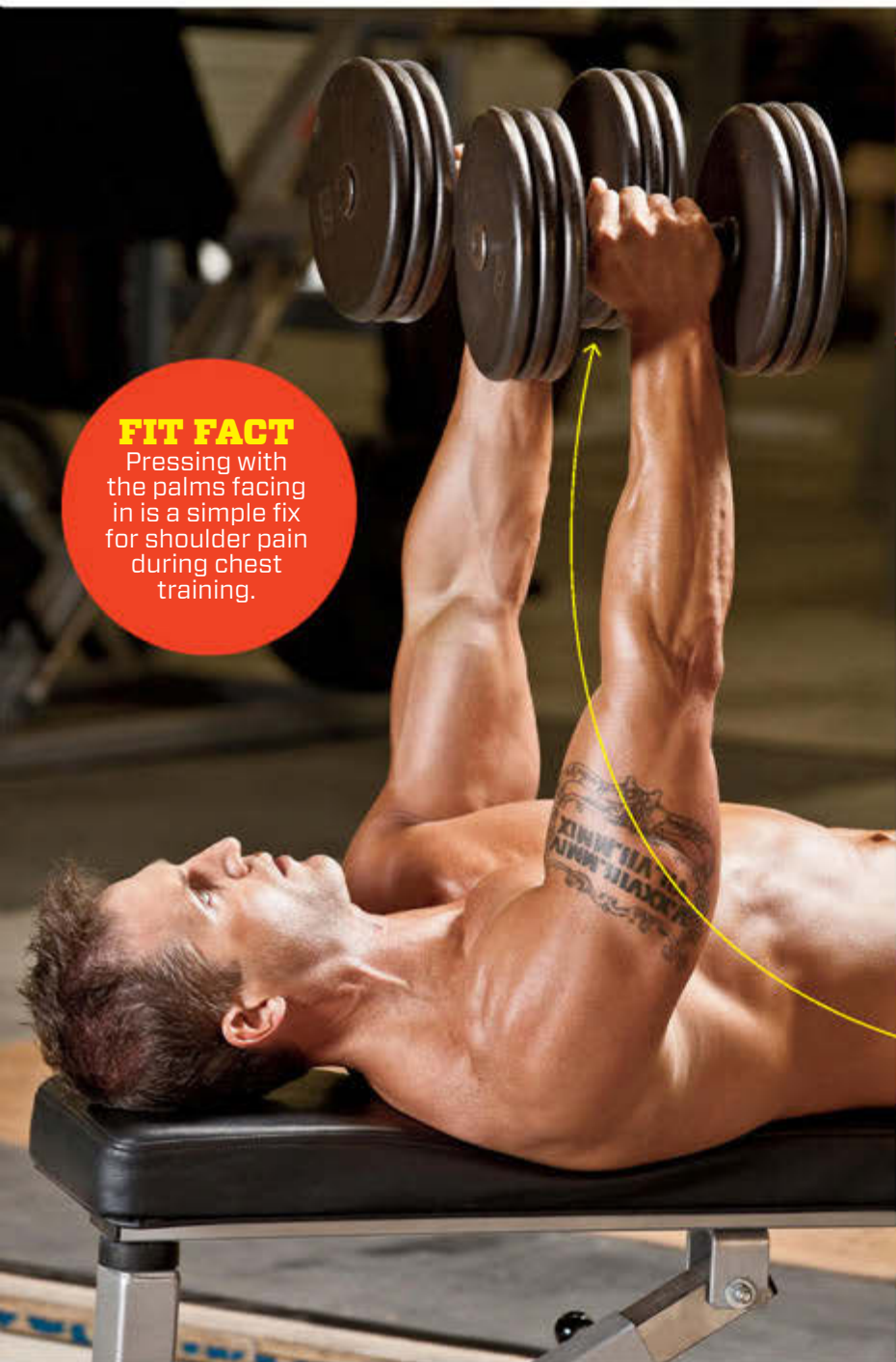


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FIT FACT

Pressing with the palms facing in is a simple fix for shoulder pain during chest training.

I'm hurt. How can I still make progress?

—MIKE T., VIA FACEBOOK

A: The trick to dealing with any training injury is to work as hard as you can on exercises that are similar to the ones that bother you. You'll find that a slight reduction in range of motion, a change in grip or stance, or a different training implement is all that separates a productive workout from one that makes your injury worse. Below is my guide to working around problems in the three big lifts: the bench press, squat, and deadlift.

SOLUTIONS FOR THE 3 BIG LIFTS

BENCH PRESS: We all know where it hurts when you bench—your shoulders. The problem is usually due to overuse, so if you've benched every week for years, give it a rest. Dumbbell bench presses with your **PALMS FACING EACH OTHER** are a more shoulder-friendly option, or use pushup variations.

SQUAT: Issues with the squat usually result from a lack of mobility in the hips and ankles. Work on rolling out your lower body and stretching your hips and hamstrings. In the meantime, you may find that front squats and goblet squats are safer alternatives.

DEADLIFT: Losing the arch in your lower back is a sure way to put yourself on the disabled list. Try single-leg Romanian deadlifts to build the mobility you need to keep your back flat. If you're dead set on locking out some big weights, pull from the spotter bars in a power rack set to just below the knees. You'll be able to use more weight.

No Days Off

Work around your injuries and still train hard.

BY ADAM BORNSTEIN

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MATT'S STATS

AGE: **31**
 HEIGHT: **5'8"**
 WEIGHT: **180 lbs**
 RESIDENCE:
West Hollywood, CA
 WEBSITE:
**christianer
 trainingrevolution
 .com**
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Killer Instinct

For IFBB Physique Pro **MATT CHRISTIANER**, the best plan of attack is really no plan at all.

BY MARK BARROSO

EVEN BEFORE Matt Christianer became the first-ever IFBB Physique Pro in 2011, the fitness model knew the importance of staying ripped. "I've been walking around at 6% body fat since 2009," Christianer says. "Someone will get sick and I'll get a phone call at 10 p.m. asking me to shoot tomorrow."

It's hard to believe anyone could maintain that level of shape by feel, but Christianer is attuned to his body's needs.

"I do what I consider instinctive training," Christianer says. "When I enter the gym and feel strong, I hit my weak points, and when I show up and feel weak, I hit my stronger muscles."

"Life is unexpected; I don't like to follow any plan that's set in stone."

THE WORKOUT SHOULDERS

This is an example of one of Christianer's "instinctive" routines. Do the last set of each move to failure.

EXERCISE	SETS	REPS
Smith Machine Behind-the-Neck Press	6	10-15*
Bus Driver **	5	12
Leg Press		
Shoulder Press ***	5	8-12
Seated Lateral Raise	4	10-15
Machine Reverse Flye	6	10-15

* Last set is a dropset.

** Bring a weight plate to eye level and twist to each side as if you're turning a wheel.

*** Kneel where your butt would normally be. Place hands wide and high on the platform and press. Spotter is necessary.



BOUNCE BACK

Christianer broke his hip and leg in a 2001 car accident. A month later, he was training his upper body in a wheelchair.

HIS TOP 3 COMPETITION TIPS

1 FIND THE ONE
 If hiring a coach, pick one and follow him to the T. Don't combine advice from different sources.

2 DON'T RUSH
 Take 16 to 20 weeks to prepare for a show; you should already be stage-ready two to three weeks before a contest.

3 HAVE FUN
 Being onstage is an energy exchange. Take the crowd's energy and project it back to the judges.

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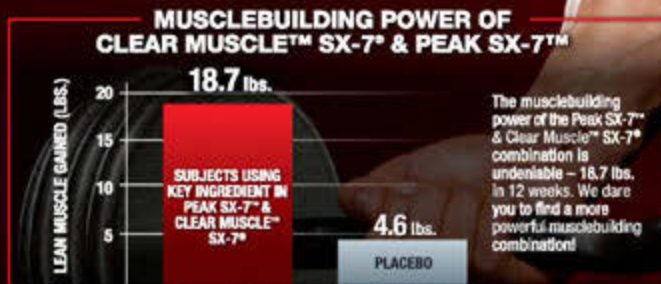
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* Additional scientific research and selected references available at snac.com

TRAIN STRENGTH

BELLS OUT

Pavel Tsatsouline, shown training Hungarian counterterrorists, is the author of *Kettlebell: Simple & Sinister*. strongfirst.com



Strictly Business

In **PAVEL TSATSOULINE's** training program, you need only one exercise. **BY MARK BARROSO**

A FORMER Russian Special Forces instructor, Pavel Tsatsouline is known for his "grease the groove" (GTG) method, which we can sum up as "practice makes perfect." It breaks down like this: Specialize in one or two moves for months at a time and never go to failure. For example, do a set of overhead kettlebell presses for 1-5 reps with a weight you're able to handle for 5-10 reps. Repeat whenever you feel fresh for 50 total reps. "You'll see a strength increase in two weeks," Tsatsouline says.

PAVEL TSATSOULINE'S GTG WORKOUT

HOW IT WORKS

GTG workouts can be done five to six days per week. They work best with kettlebell moves like an overhead press.

DIRECTIONS

Choose a KB you can press overhead 5-10 times. Do only half the reps you're capable of for each set. Do 50 total reps. Rest as needed between sets.

EXECUTION

Keep your core stable and don't cheat the weight up with your legs.

TSATSOULINE'S TOP 4 GTG TIPS

- 1 Use it for slow lifts:** GTG isn't for explosive moves like snatches. Try it on presses and pistol squats.
- 2 Keep it simple:** Eschew any additional upper-body training while doing GTG pressing.
- 3 Tighten up:** When lifting, contract your abs, clench your glutes, and use a crushing grip. This stabilizes you.
- 4 Don't test often:** Test for maximum reps or a 1RM after two weeks. Then test every four to five weeks.

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Victor Conte

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ZMA plus 5-HTP: Over the last decade ZMA has become one of the most popular sports nutrition products ever developed. This highly bio-available zinc and magnesium formula was the first product designed specifically to enhance recovery, regeneration and growth by improving sleep efficiency. ZMA was originally created to significantly increase muscle strength and endurance. This novel ZMA-5 formula combines ZMA with the amino acid 5-hydroxytryptophan (5-HTP) to create a synergistic and highly potent combination. The zinc, magnesium and vitamin B-6 contained in ZMA are all three co-factors in the conversion of 5-HTP to serotonin, an important neurotransmitter that helps regulate mood and sleep. 5-HTP has been shown to significantly increase REM (rapid eye movement) sleep while simultaneously increasing SWS or slow-wave sleep (deep sleep stages 3 and 4) and without increasing the duration of total sleep time. In normal young adults, a burst of growth hormone (GH) occurs shortly after sleep onset, in association with the first period of slow-wave sleep. In men, approximately 70% of the daily GH output occurs during this same period of SWS throughout adulthood. In a study of the effects of power exercise on the sleep of a group

of trained power lifters, the tendency was for this type of more strenuous exercise to affect sleep adversely. In addition, long duration daytime exercise of moderate intensity has been shown to decrease GH and testosterone production during nighttime sleep. So, it is extremely important for athletes to get a deep and restful sleep because this is when healing, tissue repair, anabolic hormone production and muscle growth are maximized.

ZMA Buyers Beware: As a result of ZMA's world-wide success, there are now cheap imitation "Zinc Magnesium Aspartate" products available on the market. These knock-off ZMA products contain inferior ingredients and also often contain much lower dosages of zinc and/or magnesium. Please be aware that these imitation products are NOT the same as ZMA and may not produce the same results obtained in the ZMA study.

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* Selected references (1-11) are available at snac.com

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FAST FEAST

Add spice and citrus to transform grilled shrimp into a delicacy, p84.

CHEF IRVINE

A lean, delicious recipe that you've probably never seen, p86.

EAT

WHAT'S IN THE FRIDGE THIS MONTH

Burger Time

A delicious burger doesn't have to be a huge calorie bomb. Here are a few ways to make your favorite meal a little more gut-friendly, while boosting its true muscle-building potential.

BY CHRIS GIBLIN



NOT KNOWN AS a traditional health food, of course, beef hamburgers (usually with cheese) play a central role in those all-American summer cookouts, often served on a white-bread bun alongside beer, soda, and a slew of high-calorie sides like potato salad.

Yet try as you may to keep a classic beef burger healthy, those patties tend to be so fatty that you will fail to balance them out no

matter how many healthy toppings and condiments you use.

Nevertheless, indulging in a burger doesn't have to be reserved for cheat day. Leaner cuts of meat like chicken or turkey are decent alternatives, but to truly keep that burger essence (and not just turn it into a sandwich), you're actually better off going for something vegetarian. From there, your main choices for a replacement patty

include tofu, quinoa, and black beans (or some combination of them)—all solid choices with high levels of protein and fiber. The key is to construct the patties on your own, if possible, which is actually simple enough, but keeping them from falling apart is another story. Cooking on a skillet or pan is a good way to make sure nothing falls through the grates and into the charcoal, according to Academy of Nutrition and Dietetics spokesperson Vandana Sheth, R.D. She suggests going for black bean burgers for their substantive, meaty texture that simulates eating a beef burger without all the saturated fat.

If you have to have your beef, remember to pick a lean cut of meat at the market, serve it on a whole-grain bun, and avoid fatty toppings like cheese and bacon. Most ketchups, meanwhile, are pure sugar. Avocado offers a great alternative as a topping, not just in taste, but for its good fats.

QUICK TIP

If using turkey, mix in a tbsp or two of olive oil per pound of meat to keep patties from drying out.

BLACK BEAN PATTY

Courtesy of Whole Foods Market

MAKES 6 SERVINGS

- 1 can no-salt-added black beans
- 1 egg
- ½ yellow onion, chopped
- 1 cup whole-wheat bread crumbs
- 1 tsp dried oregano
- 1 tsp dried basil
- ½ tsp garlic powder
- Hot sauce and salt and pepper to taste

1. Put beans in a large bowl and mash well with a fork. Add egg, yellow onion, bread crumbs, oregano, basil, garlic powder, hot sauce, salt, and pepper. Mix well to combine, then shape into 6 patties.

2. Heat oil in a large skillet over medium heat. Arrange patties in a single layer (working in batches, if needed) and cook, flipping once, until golden brown on both sides and cooked through, about 10 minutes total. Garnish as you like when finished.

PER SERVING

290
CALORIES

12g
PROTEIN

47g
CARBS

7g
FAT

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Built Greater



QUICK TIP

Soak and freeze bamboo skewers ahead of time. They won't burn on the grill that way.

SHRIMP WITH CHILI LIME SAUCE

YIELDS 4 SERVINGS

- 2 small green serrano chilis, seeded and finely chopped
- 1 clove garlic, chopped
- ½ cup lime juice
- ¼ tsp ginger, grated
- 1 tsp brown sugar
- 1 tsp salt
- 1 lb shrimp
- Skewers
- 8 oz arugula
- 3 tbsp Parmesan, grated

- 1.** Add chilis and garlic to a blender along with lime juice, ginger, brown sugar, and salt. Blend until smooth and set aside. Preheat a grill or grill pan.
- 2.** Rub chili mixture into shrimp and load 6 shrimp each onto 4 skewers. Place skewers on grill and cook shrimp until pink (about 3 minutes each side).
- 3.** Place arugula onto plates and two skewers over it. Drizzle with extra chili mixture. Top with Parmesan cheese and serve.

On the Barbie

Many people don't know how to enjoy shrimp without it being buttered, battered, or breaded. The solution is as simple as lime juice and a few spices, which give this high-protein shellfish a festive, summery feel without adding much fat and calories. **BY AMY SCHLINGER**

PER SERVING

169 CALORIES	28g PROTEIN
7g CARBS	3g FAT

FOOD STYLING BY BRETT KURZWEIL

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*Scheett, et al. Consuming branched-chain amino acid supplement during a resistance training program increases lean mass, muscle strength and fat loss. Journal of the International Society of Sports Nutrition 2009, 6(Suppl 1):P1

*Scheett et al. Consuming branched-chain amino acid or whey protein in combination with hypocaloric diet differentially effects muscle mass, body fat and strength in trained subjects. Manuscript in Process.

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Raw Deal

Sushi isn't the only way to get a delicious raw protein fix. This spicy and sweet snapper crudo can fuel your gains and even impress houseguests.

SNAPPER CRUDO

MAKES 4 SERVINGS

- 6 (5 oz) yellowtail snapper fillets, skin off
- 3 mangoes, sliced
- 2 tbsp minced ginger
- ¼ cup Thai basil, shredded
- ¼ cup cilantro, shredded
- 1 red onion, sliced thin
- 4 tbsp green onion, sliced thin
- Juice and zest of 2 limes
- 1 Thai chili, minced
- 1 red jalapeño, sliced thin, seeds removed
- 2 oz mirin
- 2 tbsp sambal oelek
- 2 oz rice vinegar
- 4 tbsp canola oil
- 2 tbsp fish sauce
- ½ cup coconut water

1. Cut the yellowtail snapper into large dice. Based on availability, you can substitute a different kind of snapper or scallops.
2. Place the diced snapper in a mixing bowl. Add mango, ginger, herbs, onions, zest, and refrigerate.
3. In a second bowl, mix the chili, red jalapeño, and all liquid ingredients. Allow to sit for 20 minutes.
4. Add marinade to the snapper and mango. Lightly toss and serve.

PER SERVING

502 CALORIES	42g PROTEIN
43g CARBS	17g FAT

GOOD IN ANY LANGUAGE

In Italian, *crudo* means raw. The benefits of going raw: Cooking can damage some enzymes and proteins.



FOOD STYLING BY BRETT KURZWEIL

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*Schoett, et al. Consuming branched-chain amino acid supplement during a resistance training program increases lean mass, muscle strength and fat loss. Journal of the International Society of Sports Nutrition 2009, 6(Suppl 1):P1

*Schoett et al. Consuming branched-chain amino acid or whey protein in combination with hypocaloric diet differentially effects muscle mass, body fat and strength in trained subjects. Manuscript in Process.



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Almonds

Boost performance and burn fat with the perfect natural food.

BY ELIZABETH M. WARD, M.S., R.D.

1**TRANSFORM THEM INTO PESTO**

Place $\frac{1}{2}$ cup whole toasted unsalted almonds, 1 cup packed raw spinach, 1 garlic clove, $\frac{1}{4}$ cup Parmesan cheese, and 2 tbsp lemon juice in a food processor. Turn on, then add 2-4 tbsp olive oil until pesto forms. Enjoy as a dip, spread, topping, or with whole-wheat pasta.

2**WHIP UP BUTTER**

Place 3 cups whole almonds in a food processor. Blend 15 minutes, scraping down sides with a spatula, until butter forms. If desired, blend in $\frac{1}{4}$ tsp salt. Cover and store in refrigerator.

3**ADD THEM TO A SMOOTHIE**

Blend $\frac{3}{4}$ cup frozen cherries, 2 tbsp almonds, 8 oz plain fat-free Greek yogurt, and $\frac{1}{4}$ cup low-fat milk on high speed for 1 minute. Add whey protein if desired.

4**ADD THEM TO WHOLE GRAINS**

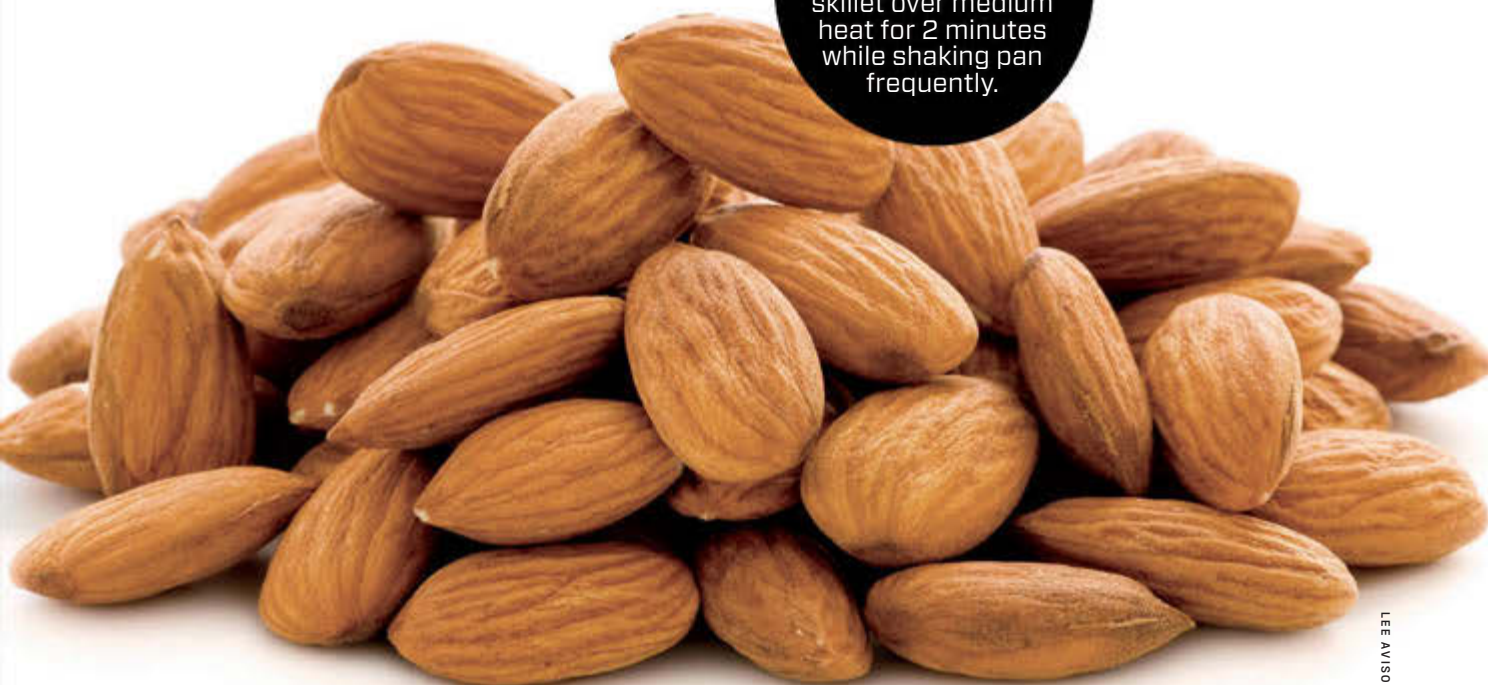
Cook 1 cup quinoa, farro, or freekeh in low-sodium chicken or vegetable broth. Top with $\frac{1}{4}$ cup toasted slivered almonds and 2 tbsp dried cranberries.

5**MAKE ALMOND MEAL**

Place 1 cup whole almonds in a food processor and pulse for a medium-fine texture. Combine with dried basil and parsley to bread chicken or fish or use in meatballs. When making muffins and pancakes, use half almond meal and half white flour. Cover and refrigerate extras.

TOAST THEM

Place raw almonds in a small, dry skillet over medium heat for 2 minutes while shaking pan frequently.



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**FOUR WEEKS DOWN.
FOUR WEEKS TO GO.
It's time to kick your
training into high gear
and finish strong.**

BY BEN BRUNO
PHOTOGRAPHS BY EDGAR ARTIGA

THE 2015

ROCK HARD CHALLENGE

PART II



Part II of the Rock Hard Challenge follows the same tenets as Part I. You're not going to see any wholesale changes to what you've been doing. If it ain't broke, of course, it's not time to fix it. While your body may have adapted to some of what you've been doing over the past month, it will not have

adjusted completely. By adding a few intensity techniques to your training and steadily dialing back the carbs in your diet over the next four weeks, you'll be ready for your triumphant after photo—which could earn you a lot more than just props on social media; check out the rules online at muscleandfitness.com/rhc2015 to see how you could win a photo shoot with *Muscle & Fitness* and a boatload of supplements from BSN.

ENTER NOW Go to muscleandfitness.com/rhc2015 for contest details and to enter to win. You'll also get the full interactive training, nutrition, and BSN supplementation program, plus videos that show every exercise in action.



You'll notice that the general warmup from Part I is back and hasn't changed at all. Many of the moves have also stayed the same. What has changed is your rest time. If you were taking one minute to 90 seconds between sets in Part I, reduce it to about 45 seconds to a minute and moderately increase the weight you use on each move.

As for your diet, we believe the *M&F Food Pyramid* (muscleandfitness.com/pyramid) provides the definitive guideline for shedding body fat. Check it out, dial in your macros, and watch the fat melt.

Each small change, in and of itself, may seem like nothing, but when taken as a whole, they'll add up to big-time changes to your physique. Trust in the program, stay the course with your diet, and it will all come together.

GROOMING BY VALISSA YOE



PHASE 2
WEEKS 5-8

WORKOUT

DIRECTIONS: Do each workout once per week for four weeks. Perform the warmup before every workout. Perform any exercises labeled A, B, or C in sequence. Videos of this workout, including the warmup, can be seen at muscleandfitness.com.

WARMUP

DIRECTIONS: Do all five exercises as a circuit, resting 90 seconds to two minutes after scapular pushups. Repeat the circuit a second time.

EXERCISE	REPS
Squat-to-Stand	10
Alternating Lunge	5 each leg
Lateral Lunge	5 each leg
Stationary Spiderman	5 each leg
Scapular Pushup	10

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DAY 1

LOWER BODY

EXERCISE	SETS	REPS
1A Sumo Deadlift	4	5
1B Kneeling Hip Flexor Mobilization	3	10 each side
2A Bulgarian Split Squat	3	6 each leg
2B Ankle Mobility	2	10 each side
2C Dumbbell Suitcase Carry	2	30 yards each arm
3A Single-leg Hip Thrust	3	12 each leg
3B Sumo Squat Stretch	3	20 sec.
3C Front Squat	3	8



SUMO DEADLIFT ▲

Stand in front of a loaded barbell on the floor with a wide stance and your toes pointed outward. Squat down and grab the bar with an alternating grip, your hands inside your thighs. Engage your glutes and hamstrings as you stand up.



▲ FRONT SQUAT

Hold a loaded barbell in the rack position—across your front deltoids—and stand with your feet slightly wider than hip-width apart. Perform a squat, initiating the move from your hips, keeping your weight centered over your heels. If you lack the wrist flexibility to use the hand grip shown, cross your arms in front of your body to hug the bar to your shoulders.



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DAY 2

UPPER BODY



EXERCISE	SETS	REPS
1A Pullup	4	Failure
1B Scapular Wall Slide	4	10
2A Barbell Bench Press	4	5
2B Ab Wheel Rollout	3	10
2C Face-pull	3	15
3A Feet-elevated Pushup	4	Failure
3B Batwing Curl	3	8 each arm
3C Hanging Leg Raise	3	10

BATWING CURL ▲

Hold a pair of dumbbells and lie facedown on an incline bench set to 45 degrees. Row the right dumbbell up to your chest and hold it there while you perform curls with your left arm. When you've completed the assigned number of reps, row the left dumbbell to your chest and perform curls with your right arm.

AB WHEEL ROLLOUT ▼

Hold an ab wheel with both hands and kneel on the floor. Set the wheel on the floor in front of you and roll it away from your body. Keep your elbows locked out and your back flat as you extend your body. For advanced variations to involve your obliques, try rolling out to the right and to the left.



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DAY 3

LOWER BODY



WALKING LUNGE

Clasp your hands behind your head and perform walking lunges, dropping your back knee to the floor on each rep. Since this workout starts with a body-weight superset, you shouldn't rest more than 30-45 seconds between supersets. Rip through these exercises quickly (but with good form) and move on.

EXERCISE	SETS	REPS
1A Walking Lunge	3	8 each leg
1B Sumo Squat-to-Stand	3	8
2A Single-leg Stability Ball Leg Curl	3	8 each leg
2B Leg Lower	3	8
2C Pallof Press	3	12 each side
3A Dumbbell RDL	3	10
3B Stability Ball Body Saw	3	10
3C Kneeling Hip Flexor Mobilization	3	10 each side



DAY 4

UPPER BODY

EXERCISE	SETS	REPS
1A Barbell Overhead Press	4	6
1B Dumbbell Row	3	8 each arm
2A Chest-supported Row	4	8
2B Incline Dumbbell Press	3	8
2C Scapular Wall Slide	3	10
3A Close-grip Pushup	3	Failure
3B Hammer Curl	3	8 each arm
3C Plank Shoulder Tap	3	8 each side

CHEST-SUPPORTED ROW

Hold a pair of heavy dumbbells and lie face-down on a 45-degree incline bench. Row both dumbbells up to your sides simultaneously, initiating the move by retracting your shoulder blades. Hold the weights there for 1-2 seconds and "pinch" your shoulder blades together. This will give extra attention to your rhomboids, the muscles between your shoulder blades.



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DAY 5

TOTAL-BODY DUMBBELL COMPLEX

DIRECTIONS: Perform all six exercises in succession without putting the dumbbell down. Start with a 25- or 30-pound dumbbell, then adjust for subsequent sets. For Weeks 5 and 6, perform three rounds of the complex. In Weeks 7 and 8, perform four rounds of the complex.

EXERCISE	REPS
1 One-arm Dumbbell Snatch	5 each arm
2 Goblet Reverse Lunge	5 each leg
3 One-arm Overhead Press	5 each arm
4 Single-leg Offset RDL	5 each leg*
5 One-arm Dumbbell Row	5 each arm
6 Goblet Squat	10

*The leg on your unweighted side should stick out straight behind you until almost parallel with the floor.



ONE-ARM DUMBBELL SNATCH

Squat down to grab a heavy dumbbell with one arm (1), then explosively stand up, rising onto your toes and pulling upward; the momentum you generate should be enough to propel the weight (2). Dip your knees and “catch” the weight overhead (3).



GOBLET SQUAT

Hold a single heavy dumbbell with two hands at your chest, with your palms supporting the underside of the top portion of the bell. Squat low until your thighs are parallel with the floor. Drive through your heels to stand up. The goblet squat is the last move in the circuit. Rest one minute at the end of the set, then start again with the snatch. **MAP**

ABOUT THE TRAINER

Ben Bruno is an L.A.-based celebrity trainer. Learn more from him at benbruno.com.



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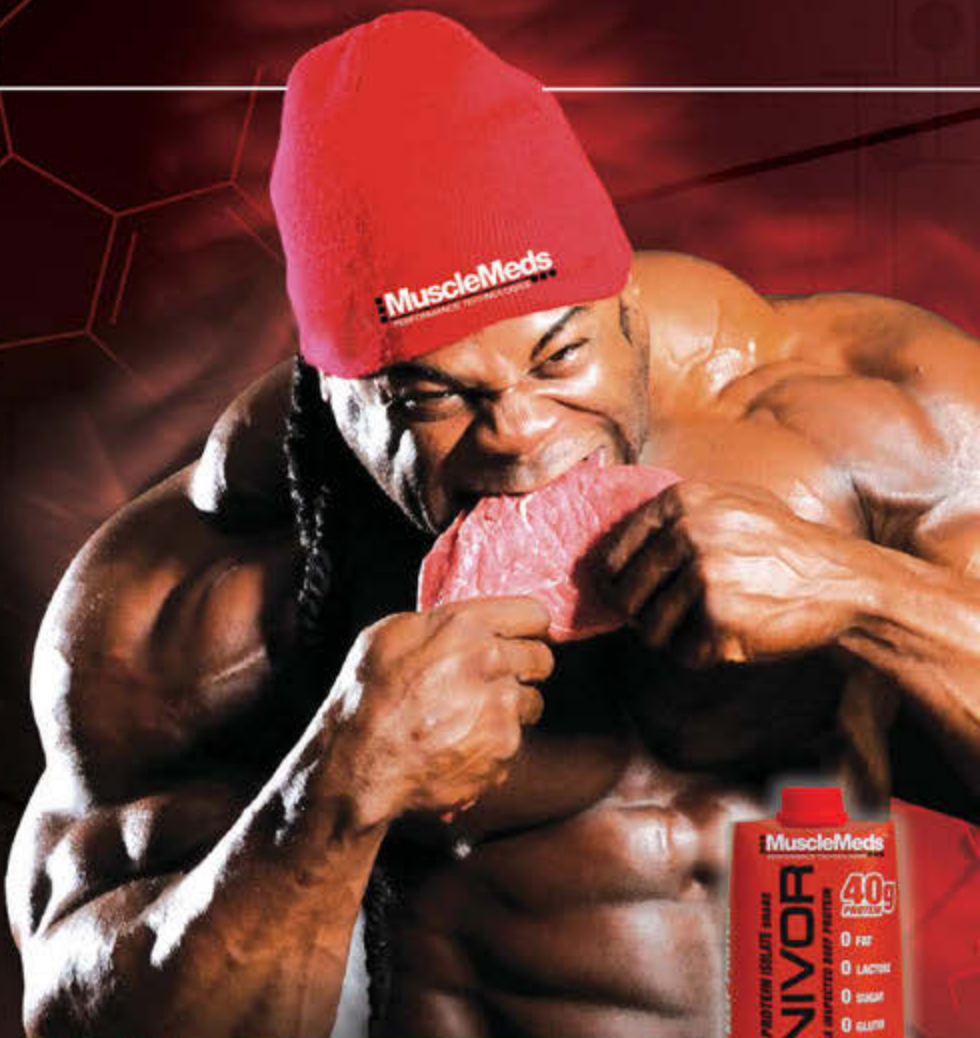
¹Subjects combining the core ingredients in MuscleTech® Premium Whey Protein Plus (creatine and whey protein) with a weight training program gained 70% more lean muscle than subjects using regular whey protein (8.8 vs. 5.1 lbs.). Read label before use. © 2015

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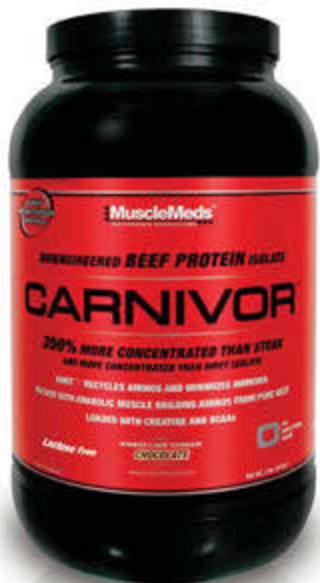
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HIGH PROTEIN BROWNIE

15g
PROTEIN

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CONVENIENT
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BALLER

Check out the chef's recipe for baked bison meatballs on page 106.



LEAN

Gains

Your protein palate shouldn't be limited to chicken and beef. Pork, bison—and even ostrich—are all lean sources of muscle-building protein, loaded with nutrients you might not be getting. Here, CHEF GAVAN MURPHY gives you two healthy ways to prepare each.

PHOTOGRAPHS BY TRAVIS RATHBONE

BISON CHILI

SERVES 4

- 1 lb ground bison
- 1 tsp ground cumin, divided
- 1 tsp ground coriander, divided
- Salt to taste
- ½ medium white onion, roughly diced
- 2 tbsp canola oil
- 2 cloves garlic, minced
- 1 28-oz can diced tomatoes
- 1 tbsp chili powder
- 1 9.5-oz can red kidney beans
- 2 cups beef broth

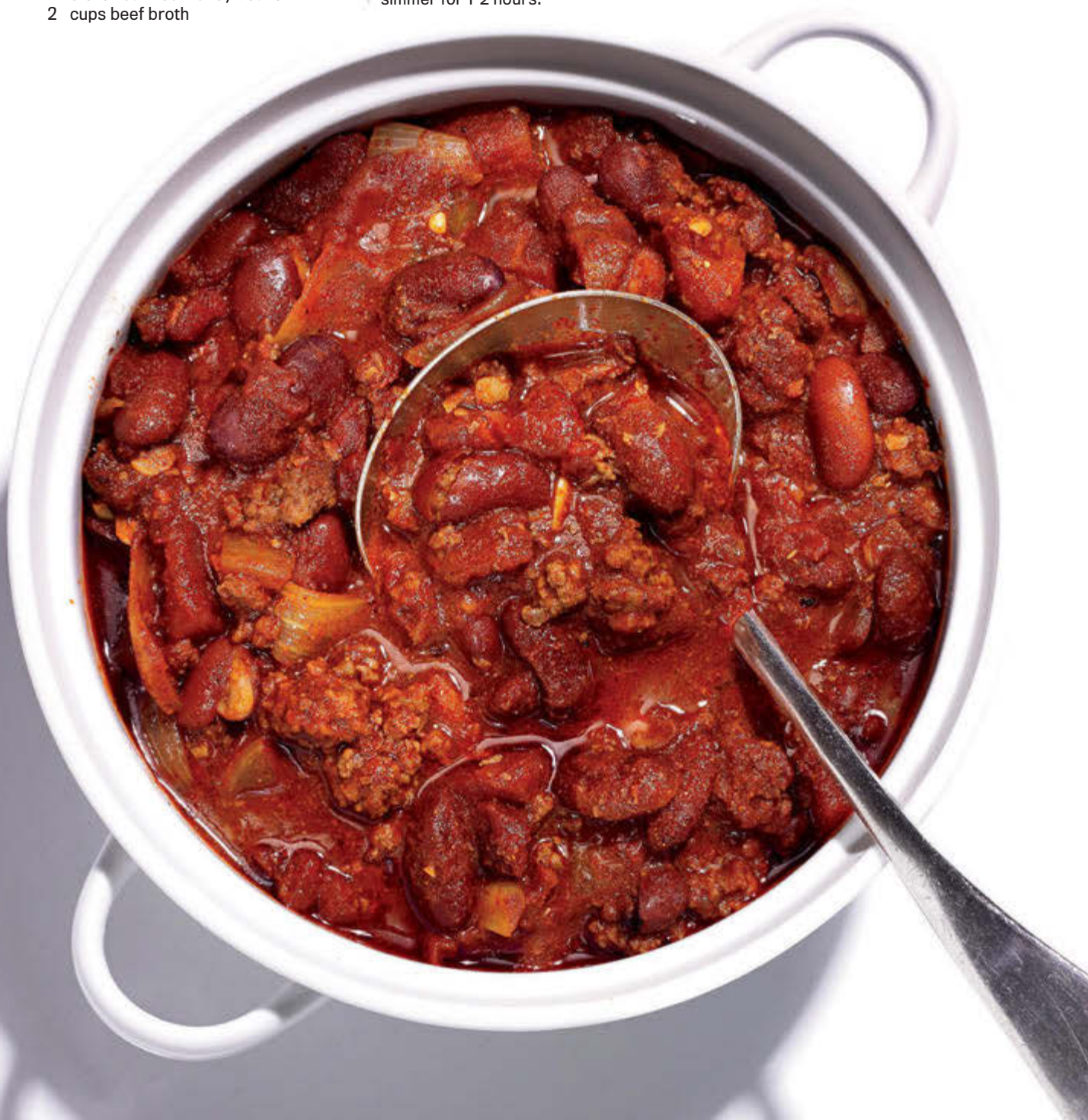
1) Brown bison in a large sauté pan over medium-high heat. Season with ½ tsp cumin and ½ tsp coriander and a pinch of salt. Once browned, drain in a colander to discard excess fat.

2) In a preheated large soup pot, sauté onions in canola oil for 2 minutes. Add garlic and sauté for another minute. Next, add browned bison, tomatoes, remaining cumin and coriander, chili powder, kidney beans, and beef broth. Stir.

3) Bring to a boil and reduce heat to simmer for 1-2 hours.

MACROS PER SERVING

635	47g	53g	27g
CALORIES	PROTEIN	CARBS	FAT



BAKED BISON MEATBALLS

SERVES 4

- 1 medium white onion, finely diced
- 1 tbsp canola or grapeseed oil
- 2 cloves garlic, minced
- 1 lb ground bison
- 1 whole egg

- 1 egg white
- ½ cup ground flaxseed
- 1 tbsp fresh thyme, finely chopped
- ½ cup grated sweet potato
- Zest of 1 lemon
- ½ tsp salt
- ¼ tsp lemon pepper

- 1) Preheat oven to 400°F.
- 2) Sauté onion in medium pan in oil for

3-4 minutes on medium heat to soften. Add garlic and sauté another minute. Remove to a large mixing bowl.

3) Add all remaining ingredients to the mixing bowl and mix thoroughly with your hands until ingredients are combined.

4) Roll mixture into golf ball-size balls and lay on a parchment paper-lined oven tray. Bake for 15 minutes.

MACROS PER SERVING

433	33g	13g	26g
CALORIES	PROTEIN	CARBS	FAT

CHEF'S TIP

For convenience, I recommend making large batches and freezing (they keep well) for a healthy protein snack anytime.



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ASIAN GLAZED PORK CHOP WITH BOK CHOY

SERVES 2

- 1 tsp Chinese five-spice powder
Drizzle of agave or honey
- $\frac{1}{4}$ tsp sesame oil
- 2 8-oz pork chops, on the bone
- 1 tbsp grapeseed oil
- Chicken broth or water
- $\frac{1}{2}$ cup red bell pepper, thinly sliced
- $\frac{1}{2}$ cup green bell pepper, thinly sliced
- $\frac{1}{4}$ tsp salt
- $\frac{1}{2}$ cup asparagus tips
- 2 cups baby bok choy, sliced, rinsed in cold water, and drained

- $\frac{1}{2}$ cup snow peas
- 1 tbsp fresh ginger, peeled and grated
- Pepper to taste
- $\frac{1}{2}$ cup green onion (scallion), sliced for garnish

- 1) Preheat oven to 400°.
- 2) In a small bowl, mix together five-spice, agave, and sesame oil. Brush pork chops with glaze. Preheat large skillet on medium heat for 1 minute. Drizzle grapeseed oil in pan and sear chops for up to 1 minute each side, or until golden. NOTE: The meat will caramelize faster due to the agave, so don't walk away while searing.
- 3) Once chops are nicely browned, remove to a foiled oven tray. Pour some chicken broth around chops on roasting

CHEF'S TIP

In true stir-fry style, you just want to cook the vegetables quickly so they're crisp and vibrant looking, stopping short of cooking out the nutrients.



tray. Adding liquid to tray will help add moisture to meat. The liquid will evaporate while roasting.

4) Place chops in oven for 10 minutes or until their internal temperature reaches 150°.

5) Preheat a large wok or sauté pan on medium high heat for 1 minute. Add water to coat the pan and add bell peppers. Toss for 1 minute. After bell peppers have softened slightly, add remaining ingredients and stir. Cook for 3 minutes, stirring.

MACROS PER SERVING

621 CALORIES	70g PROTEIN	12g CARBS	31 FAT
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POBLANO PORK STEW

SERVES 4

- 3 poblano peppers
- 1 red bell pepper
- 4 tbsp olive oil, plus more for drizzling
- 1 cup white onion, finely diced
- 3 cloves garlic, minced
- 1½ lb organic, grass-fed pork tenderloin, trimmed into 1-inch cubes
- 2 tsp smoked paprika
- 1 tsp lemon pepper
- ½ tsp dried chili flakes
- 1 tbsp fresh thyme, chopped
- 1 tbsp fresh marjoram, chopped
- 4 cups low-sodium chicken broth
- Salt to taste
- Pepper to taste

- 1) Preheat oven to 400°.
- 2) Place poblanos and bell pepper on a foiled oven tray and coat them with a

drizzle of olive oil. As soon as one side is charred, turn them over. As soon as one side is charred, turn peppers over. When completely charred, place peppers in a bowl and cover with plastic wrap for 20 minutes. This will steam peppers so skins come right off. Chop peppers.

3) Gently peel skins with your hands.

DO NOT run peppers under the tap to remove skins. This will remove the charred flavor.

4) Preheat a large sauté pan on medium heat for 1 minute. Add 2 tbsp olive oil and sauté onion, peppers, and garlic for 5-7 minutes, until softened, stirring occasionally.

5) While vegetables are cooking, place pork in a large bowl and sprinkle with paprika and lemon pepper, coating evenly.

6) When vegetables begin to soften, add chili flakes and herbs and mix for 1 minute. Remove vegetables to a plate and drizzle 1 tbsp olive oil in that same

pan, increasing heat to high. Sear pork in 2 batches for 3-4 minutes, stirring until golden brown on all sides. Once the first batch is browned, remove to the same plate as vegetables, and repeat the process with additional pork, adding another tbsp of olive oil for each batch.

7) Return both vegetables and meat to sauté pan. Place everything in an ovenproof casserole dish along with broth. Season with salt and pepper. Cover with foil.

8) Place in oven for about 1½ hours. Check after 1 hour. When ready, pork will be fork-tender and juicy.

9) Serve solo or with brown rice or quinoa.

MACROS PER SERVING

498
CALORIES

56g
PROTEIN

11g
CARBS

25g
FAT



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FACT**

One of the leanest meats you can eat, ostrich has 3g of fat per serving. Compared with a serving of lean beef, with 7 grams of fat, ostrich is the clear winner.

**CHEF'S TIP**

Let steaks rest for 5 minutes once cooked. This lets the moisture redistribute back into the meat and will keep it juicy.

**GRILLED
OSTRICH
STEAK****SERVES 2****MARINADE**

- 1 cup fig balsamic vinegar
- 3 tbsp olive oil
- 1 large garlic clove, minced
- 1 tbsp fresh tarragon, chopped

- $\frac{1}{2}$ tsp salt
- $\frac{1}{4}$ tsp black pepper

STEAK

- 2 ostrich steaks, 8 oz each
- Cooking spray

1) Mix all marinade ingredients in a resealable bag. Add steaks, coating all sides. Refrigerate for at least 1 hour. Marinating for several hours or overnight is preferred as it will yield better flavor.

- 2) Remove steaks from the refrigerator 1 hour before cooking; allow to return to room temperature to ensure that meat cooks evenly.
- 3) Preheat a grill pan on medium heat for 2 minutes. Spray pan with cooking spray. Sear steaks for 5-6 minutes on each side for medium rare.
- 4) Slice; serve with a vegetable or carb.

MACROS PER SERVING

547 CALORIES	64g PROTEIN	3g CARBS	30g FAT
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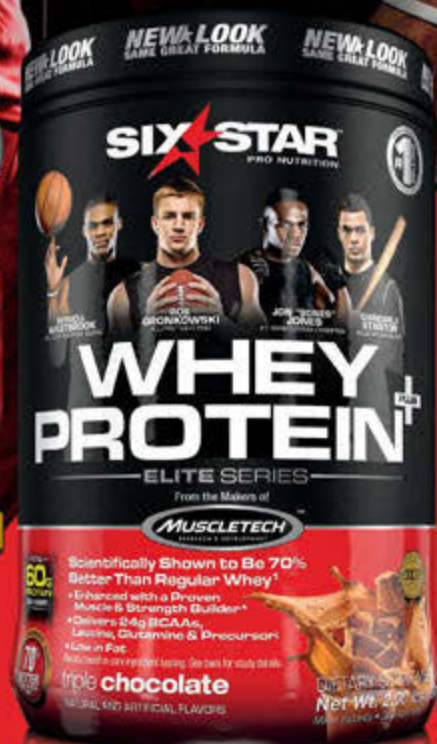
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OSTRICH BURGER WITH BALSAMIC CARAMELIZED ONIONS

SERVES 4 OR 2

BURGERS

- 1 small red onion, finely diced
- 2 cloves garlic, minced
- 1 lb ground ostrich
- 1 tsp ground coriander
- 1 egg, beaten
- ¼ tsp salt
- ¼ tsp pepper
- 1 tbsp olive oil
- 4 English muffins

CARB DOWN

For a low-carb version, serve wrapped in a lettuce leaf with tomato and top with caramelized onions.

BALSAMIC CARAMELIZED ONIONS

- 1 large or 2 small red onions, peeled and thinly sliced
 - 2 tbsp olive oil
 - 1 cup balsamic vinegar
- 1) Sauté onion on medium heat in pan for 3 minutes; add garlic and cook for another minute until softened.
 - 2) Add onion and remaining ingredients in a large mixing bowl. With clean hands, mix thoroughly until combined.
 - 3) Make into four 4-oz burgers or two 8-oz burgers.
 - 4) Season both sides of burgers with salt and pepper, and sear in medium-hot pan for 5-6 minutes on each side to yield medium-rare burgers.
 - 5) Sauté onions in oil on medium-low heat with the lid on pan for about 10 minutes, stirring occasionally until

soft and translucent.

6) Remove lid and add balsamic vinegar. Stir and let reduce until mixture is syruplike, for 10 minutes. Taste and season. Place burgers in English muffins. Add onions to the tops of burgers. **MAP**

MACROS PER SERVING

341
CALORIES

32g
PROTEIN

6g
CARBS

20g
FAT

CHEF'S TIP

If you're making the burgers ahead of time and refrigerating, remove them from the fridge 30 minutes before cooking to ensure burgers cook evenly.



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PIRATED PROGRAMMING

The Starz pirate series **BLACK SAILS** features TV's fittest cast. **TOM HOPPER**, aka Billy Bones, reveals the "burn the ships" training program that turned landlubber actors into seafaring marauders.

BY GREG MERRITT PHOTOGRAPHS BY GARRETH BARCLAY



T

THE SHIPS RISE OUT OF THE

South African grasslands like remnants of a dream. You can't miss them from the highway. On one side is a shantytown—a collage of corrugated tin and pastel-painted plywood—and on the other, pirate ships. Two and a half full-scale schooners rest three miles from the sea on the back lot of the Cape Town Film Studios. I've traveled 10,000 miles and 10 time zones to a place where the idealized fantasies of the past and stark reali-

ties of the present collide. Where actors endure the sort of barbarous workouts of which legends are made.

Before they were pirates, the male cast of *Black Sails*, now in its second season on Starz, first had to survive a boot camp—a six-week crash course designed to chisel them into the sort of sea-worn sailors who toiled in the Caribbean three centuries ago. “We wanted the characters to look like they lived on a ship,” says Toby Stephens, who plays Captain Flint. “They hauled ropes and climbed ropes and lived a physical life. We wanted it to look like we didn’t have an easy life.” For the first month, the actors had it anything but easy. They fasted intermittently, eating (meat, eggs, and vegetables exclusively) only during an eight-hour window from noon to 8 p.m. With intense workouts scheduled for 10 a.m., body fat was their only fuel source.

The mastermind of this program is James White, 30, a former attorney and current disciple of Gym Jones—the system most associated with the cast of *300*. Sensing an opening in the South African market for a combination of strength training and cardio conditioning, White gave up the law three years ago and opened Roark Gyms (named for the hero from *The Fountainhead*). Accustomed to bodybuilding gyms filled with phalanxes of contraptions, I am initially bewildered by Roark Gyms. Benches and racks line one wall, cardio machines line another, but the vast space in between is as barren as a dance studio. “Is this the gym?” I ask.

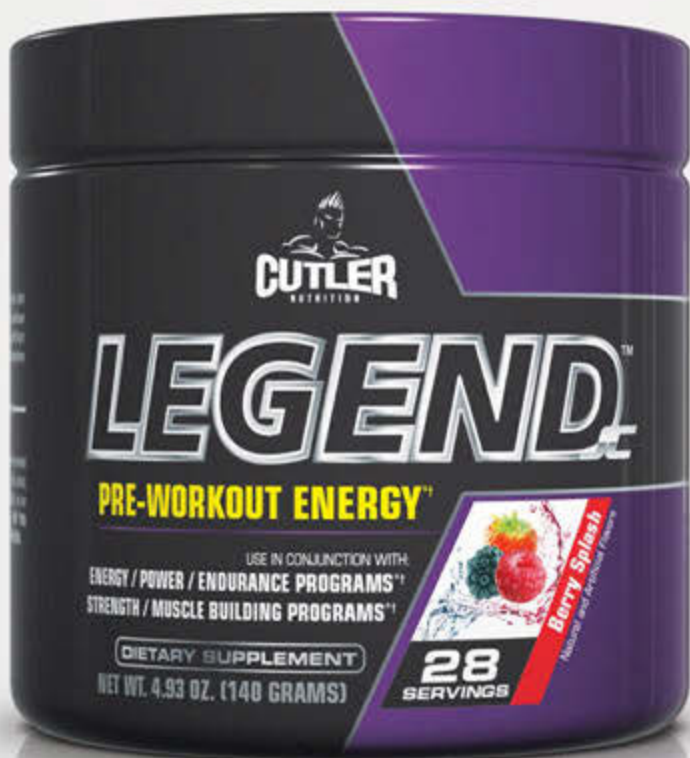
White laughs. Of course it is. When Tom Hopper and his *Black Sails* castmates are present, as they are nearly every day, they fill that void doing box jumps and pullups and “ball slams to hell” (see workout on page 127) and



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pushing Prowlers loaded with 100 pounds as they sprint from one end to the other and back again, all while White drives them onward, sometimes spouting the gym's motto: Burn the ships.

"That initial shock [of the boot camp] was necessary, because after that the bar was set so high that it changed everything and made it easier to work with them," White explains. "What they thought was hard work before has changed, so they have a very lofty idea of what hard work is now. What we do is similar to CrossFit. But we use more equipment, and we're focused less on the Olympic lifts." After a standard warmup, the *Black Sails* program stresses strength in compound lifts like bench presses, squats, and rows. This is typically followed by 20 to 30 minutes of high-intensity conditioning.

A special emphasis is placed on body-weight exercises. "I don't think you can call yourself an athlete unless you can do pullups or pushups properly," White opines. To this end, in most workouts, he has the actors perform 17 super-sets consisting of 10 pushups followed immediately by three pullups. "What we want to do is hide a lot of the work. If you ask them after a workout what they did, none of them mention the 170 pushups and 51 pullups, but that's actually a shitload of work. That's more than most people would ever consciously do in a workout, but they'll just do it and not notice it. Then they'll come in and do it again the next day."

White favors "athletics over aesthetics," knowing the latter will follow the former. The results are tangible in scene after sweaty scene of *Black Sails*. That's why when I meet Tom Hopper, who plays Billy Bones, we're not in Roark Gyms. We're on the deck of



THE EGG MAN

Hopper ate so many eggs he earned the nickname "Tomelette."

the 140-foot, meticulously accurate, pirate schooner *The Walrus*, where we snapped the photos to accompany this story. He is, initially, wearing a "Burn the ships" T-shirt over his 6'5", 220-pound frame. Growing up in Leicestershire, England, Hopper was passionate about rugby. But when injuries sidelined him at 16, he tried theatrical acting. "I found that making an audience laugh

was the same kind of rush as scoring a goal," he recalls. He attended drama school and earned theatrical and TV roles. Meanwhile, he grew increasingly muscular.

"As a younger kid playing rugby, I was really skinny, so I started lifting weights to get bigger. I discovered I had to eat a lot of food, and my poor mother had to cook a lot of chicken. I went through a phase of trying to lift as much as I could

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ATHLETICS OVER AESTHETICS

Intense conditioning drills take precedence over bodybuilding moves.

in every exercise and eat massive amounts of food, and it kind of worked,” he says with a laugh. “I got massive. The thing was I got typecast as the big, silent guy in the background. So I started to think maybe this wasn’t the best idea. I was growing my way out of the best roles.”

Hopper won his breakthrough part as Sir Percival on BBC’s *Merlin*. After that three-year stint, he was cast as pirate Billy Bones in *Black Sails*. When he showed up for White’s boot camp two years ago, Hopper was too bulky, but the intermittent fasting and intense

“I COULDN’T SEE. I COULDN’T FEEL WHAT I WAS DOING WITH MY ARMS... I WAS ABSOLUTELY GUTTED.”

workouts rapidly transformed him into the lithe shape of a boatswain. “That boot camp changed my mentality completely,” he says. “Now whatever it is, I know failure is not an option.”

Last year, Hopper put that mindset to the ultimate test when he attempted the hardest of White’s

benchmark challenges—the 222. Using an Airdyne bike (a wind-resistance stationary bike with handles and pedals moving in concert), 222 calories must be burned in only 10 minutes. “Only eight or nine guys in three years have got it,” White says. When I ask Hopper about it, the memory hits him like

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a rugby scrum—with zombies. “Whoa! That thing is bloody brutal! I sweat just thinking about it.” Billy Bones is missing from the story line at the beginning of Season 2, so Hopper had some extra time on his hands. White wanted him to try the 222 as a means of staying focused on a goal.

“It’s a legend, the 222, how bad it is,” Hopper says. “And I started training for it on the Airdyne. Eventually, when it came time to do it, I felt pretty comfortable, like I’d done enough training. The first few minutes went OK, but at five minutes you just feel like you’re going to collapse and die. And I got to, like, seven minutes and something happened where

I couldn’t see. I couldn’t feel what I was doing with my arms. And I just collapsed. So that was it. I went back and had lunch with my wife, and I was absolutely gutted. And she said, ‘It’s OK, just go and do it tomorrow.’ And I was like, ‘You don’t understand. This is what I’ve been preparing for with everything I’ve got, and it’s just too hard.’”

Hopper adds, “But it was that burn-the-ships mentality taking over. When I put my mind to something, I have to finish it. And I told James, ‘I’m going to come in tomorrow morning, and I’m going to do it.’ I thought, ‘If I start this, I’m going to finish it, or I’m going to die.’ There was literally no stop-

ping me. So I started it, and I hit the same wall. Five or six minutes in I had this crazy thing where I just couldn’t see. And James was there saying, ‘No, no, no, not again, not happening.’ So I just kept moving, and all of a sudden I found a zone. So I thought, ‘Shit, I can do this.’ So I just started gunning it, going faster and faster. And I hit 222 [calories] at, like, 9:52. Then I fell off the bike and had to lie on the floor. It was the hardest thing I ever did in that gym and will probably ever do in that gym. It’s one of those things where I say, ‘I’ve done it, I don’t need to do it again.’ I’ll find a new test.”

Currently, Hopper and his wife,



ANYTHING GOES

Cast members are encouraged to stay active, regardless of the environment.



LEAN ON ME

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THE EVOLUTION

Originally a gym rat who was hell-bent on getting as huge as possible, Tom Hopper leaned out as he broke into acting. He owes his now-ripped physique to a paleo-style diet and high-intensity circuits designed by *Black Sails* cast trainer James White.



Laura, spend five months of each year at their home in England and the other seven in Cape Town, where *Black Sails* is shooting Season 3.

"I train when I can," he says. "Depending on the call time, I'll train before work and sometimes after work. But because it's such a big cast, I get days off. Me and Toby Stephens tend to go to the gym together a lot. The best thing about the training is it teaches you to move the way our characters would've moved. And it gives you a knowledge of what it's like to feel the ropes in your hands

and run around on a ship. There's an adrenaline rush to working on a ship, and the workouts I do are the closest way to approximate that."

One question remained unanswered until the cast dinner at a posh restaurant in the hilly wine country beyond the studio. What's the story behind the Roark Gyms motto—Burn the ships? Did it portend something ominous for those schooners on the studio back lot, or was it some pirate saying from centuries lost? Neither. And yet it is attributed, perhaps apocryphally, to a seafaring marauder from

long ago. Hopper explained over ostrich sausage and grilled squid that just before Spanish conquistador Hernán Cortés began his against-all-odds conquest of the Aztec Empire in 1519, he gave an order that signified to the 600 men aboard his ships there could be no turning back.

They had only two options: win or die trying. Therefore, their means of retreat would be eliminated. Five centuries later, Hopper carries that battle cry into every workout, pushing him ever forward.

Burn the ships. 

TOM HOPPER'S BLACK SAILS ROUTINE

DIRECTIONS

PERFORM EACH WORKOUT
ONCE A WEEK.

MONDAY

EXERCISE	SETS	REPS
Pushup SUPERSET WITH Pullup	17	10
Bench Press	17	3
Bench Press	10	10

MINI-CIRCUIT

Complete five rounds of the following:

EXERCISE	REPS
SkiErg Sprint	200 meters
Kettlebell Rack Stepup	15
Prowler Push	40 yards

TUESDAY

EXERCISE	SETS	REPS
Pushup SUPERSET WITH Pullup	17	10
Pushup SUPERSET WITH Pullup	17	3
Front Squat Warmup	2	5-10
Front Squat	6	2
Rowing Machine SUPERSET WITH Battling Ropes	15	30 sec.
Rowing Machine SUPERSET WITH Battling Ropes	15	90 sec.

WEDNESDAY

Mini-Circuit x 3

EXERCISE	REPS	
Box Jump	12	
Jump Squat	10	
Broad Jump	8	
EXERCISE	SETS	REPS
Barbell Row SUPERSET WITH Renegade Row	8	10
	8	10

EXERCISE	REPS
MANMAKER Burpee Pullup	1-10 ladder*

*Perform a burpee under a pullup bar. Finish the exercise by jumping up to the bar and performing a pullup. Do 10 rounds, starting at one rep, and increasing reps by one each round, until you hit 10.

THURSDAY

EXERCISE	SETS	REPS
One-arm Dumbbell Row SUPERSET WITH Barbell High Pull	2	20 each side
Pullup	11	6-1-6 ladder*
Turkish Getup with Kettlebell	—	100 reps**

*Start with a set of six reps. On your next set, do five reps, and so on down until you hit one. Then work the ladder in reverse until you get back to six reps. This will equal 11 total sets.

**Pick a light to moderate weight and do an equal number of reps on each side. Break this up into as many sets as necessary.

FRIDAY

EXERCISE	REPS
Bench Press SUPERSET WITH Pushup	10-1 ladder
Bench Press SUPERSET WITH Pushup	1-10 ladder
Airdyne Bike	10 minutes*

*Set a goal of 222 calories burned in 10 minutes.

SATURDAY

EXERCISE	SETS	REPS
Pushup SUPERSET WITH Pullup	17	10
Pushup SUPERSET WITH Pullup	17	3
Front Squat SUPERSET WITH High Box Jump	8	8
Front Squat SUPERSET WITH High Box Jump	8	3
Kettlebell Rack- hold Stepup	—	10-1 ladder
"Med Ball Slams to Hell"	—	10 min.*
"SkiErg to Hell"	5**	—

*Perform three reps in the first minute, then increase by three reps each minute until you hit 30 reps in the 10th minute.

**Do five timed sessions of 500, 400, 300, 200, and 100 meters. The rest period between each session should be as long as your work session. If you do not have access to a SkiErg, substitute with a rowing machine.

SUNDAY

Off

BLACK SAILS PROGRAM PRINCIPLES

- Typically the primary focus one day (e.g., heavy squats) is the secondary focus the following day (e.g., jump circuits).
- Pushing is balanced with pulling.
- Work is "hidden" via methods like rep ladders.
- Participants train in groups to drive each other.

WARMUP

DO BEFORE ALL WORKOUTS

EXERCISE	SETS	REPS
Wall Squat	2	5
Air Squat	2	10
Walking Lunge	2	20
Walking Lunge with Kettlebell Overhead	2	20

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***THE
M&F***

SUPER

WORKOUT

BY JUSTIN WEDDLE • PHOTOGRAPHS BY IAN SPANIER



HERO

DAY 1

SHOULDERS

Do each workout once per week for six weeks.

R

REAR-DELT CABLE CRUCIFIX

Stand in the **center of a cable crossover station** and hold onto the ends of the cables (with no attachments) so that your hands are crossed in front of your body (below). Keep your arms straight and move them out to your sides so your body forms a T (above). Hold for a second and then return to the start.



EXERCISE SETS REPS

Barbell Push Press	4	6-12
Bentover Rear-delt Flye	4	6-12
Kettlebell Squat to Upright Row	4	6-12
Dumbbell Shoulder Press	4	6-12
Dumbbell Lateral Raise	4	6-12
Rear-delt Cable Crucifix	4	6-12

CIRCUIT

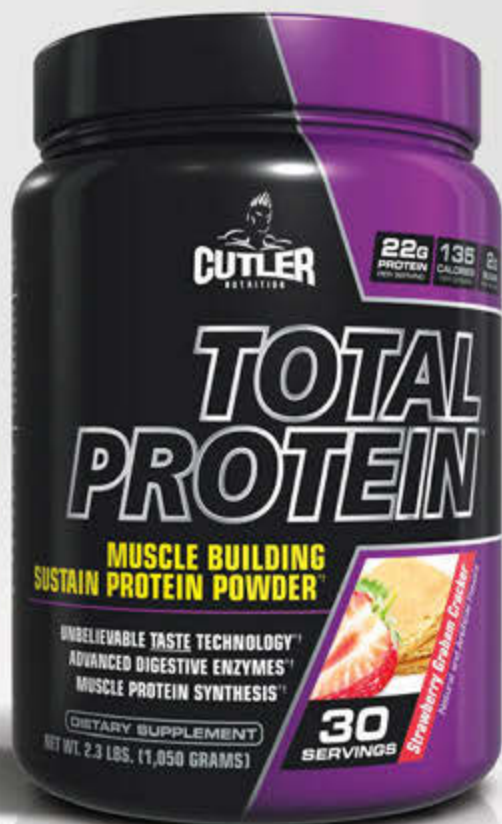
Decline Crunch	3	15-20
Kettlebell Swing	3	15-20
Dumbbell Shrug	3	15-20
TRX High Row	3	10
TRX Middle Row	3	10

*Rest 90 seconds between circuits.

MUSCLE SIZE

No other training method can help you build superhero muscle like traditional bodybuilding. Not all of the exercises in this program can be considered traditional, but the set and rep schemes are tried and true.

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† When combined with a proper exercise and nutrition regimen. Statements based on early-stage independent 3rd party in vivo and / or in vitro model scientific research data findings for individual ingredients.

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DAY II

LEGS

EXERCISE	SETS	REPS
Weighted Box Jump	4	6-12
Barbell Squat*	4	6-12
Stability-ball Lying Leg Curl	4	6-12
Body-weight Standing Calf Raise	4	20

*Add weight and decrease reps with each successive set. Start at 12 reps and work down to six.

CIRCUIT**

Leg Extension	3	12-15
Lying Leg Curl	3	12-15
Kettlebell Goblet Squat	3	12-15

**Rest 90 seconds between circuits.



STABILITY-BALL LYING LEG CURL

Rest your heels on a Swiss ball and push your hips up (above). Dig your heels in and curl the ball toward your butt, keeping your shoulders and knees in a line (below). Keep your core braced throughout.



WEIGHTED BOX JUMP

Hold a **heavy medicine ball** above or behind your head. Jump explosively and land softly.

EXPLOSIVITY

Running and jumping depends greatly upon fast-twitch muscle fibers. Plyometrics and other explosive power exercises performed early in each session increase athleticism and power output.



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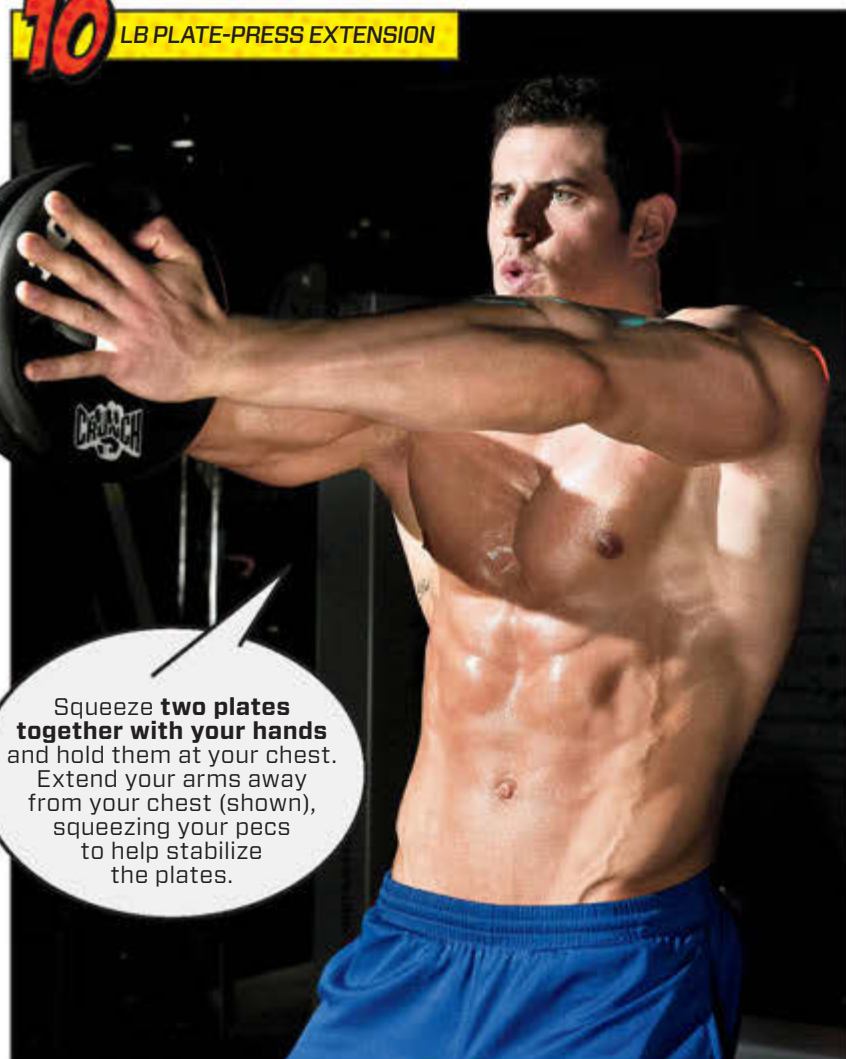
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DAY III

CHEST

10

LB PLATE-PRESS EXTENSION



Squeeze **two plates together with your hands** and hold them at your chest. Extend your arms away from your chest (shown), squeezing your pecs to help stabilize the plates.

ENDURANCE A true superhero needs to go for days on end, so to achieve this you will perform your circuits using the Heavy Volume Training method (HVT), which means staying in the rep ranges given and utilizing the max weight possible inside the range. That is, if you are getting to 15 every time during your sets, your weight should be heavier. Increasing your weight makes your body capable of taking a beating and continuing to go strong.

SEATED CABLE FLYE

Set an incline bench in the **middle of a cable crossover station**. Perform cable flyes, keeping the handles high.



EXERCISE	SETS	REPS
Weighted Box Jump	4	6-12
SUPERSET WITH		
10-lb Plate-press Extension	4	5-6
Seated Cable Flye	4	6-12
Smith Machine Shrug	4	6-12
CIRCUIT*		
Skull Crusher	3	10-12
Close-grip DB Press	3	10-12
Rope Pressdown	3	10-12
Body-weight Dip or Pushup	1	Failure

*Rest 90 seconds between circuits.

NO PRESCRIPTION REQUIRED!

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DAY IV BACK

SINGLE STRAIGHT-ARM PULLDOWN

Attach a handle to a high pulley and kneel on the ground. **Keep your arm straight** as you engage your lats to pull the handle down to your waist. Repeat for equal reps on the other side.



EXERCISE	SETS	REPS
Deadlift	5	10
Decline Situp	5	15-12
Wide-grip Lat Pulldown*	4	10-15
Close-grip Seated Row*	4	10-15
Alternating Single-arm Pulldown	3	10
Single Straight-arm Pulldown	3	10
Dumbbell Row	3	10
Single-arm Reverse-grip Triceps Pushdown	3	10

*As heavy as possible.

A ALTERNATING SINGLE-ARM PULLDOWN

Kneel in the **center of a cable crossover station** with a cable in each hand. Alternate rows on each side, pulling the handles to your shoulders.



CONDITIONING

A superhero can't be just big. He needs to be shredded. Add 15-20 minutes of high-intensity interval training (HIIT) at the end of two to three of your workouts each week. A wide selection of HIIT protocols can be found at muscleandfitness.com.

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DAY V

FULL BODY, CORE



KETTLEBELL HIGH PULL

Hold a **kettlebell in front of you with both hands**. Squat down so the bell touches the ground, then explosively stand on your toes, pulling the bell up to your chin.



KETTLEBELL SNATCH

Hold a kettlebell in your left hand, swing it back between your legs, then explosively extend your hips to propel the bell upward...



...Let the handle rotate in your hand so that the bell rests on the back of your forearm as you lock out overhead.

This changes EVERYTHING

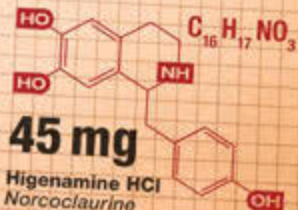


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SUPERHERO WORKOUT



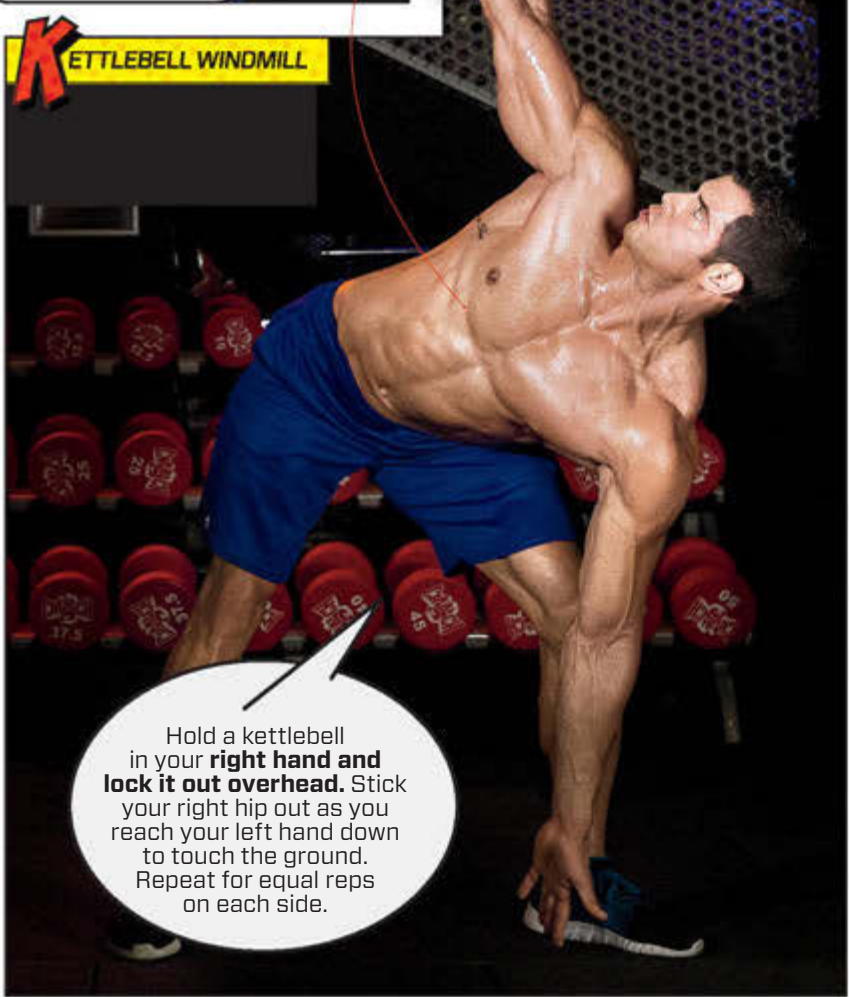
HAMMER CURL

Choke all the way up on the handles. This imbalance will help you recruit more muscle fibers.



OBLIQUE CRUNCH

Bring your **elbow to your opposite knee**. Squeeze your obliques hard.



KETTLEBELL WINDMILL

Hold a kettlebell in your **right hand and lock it out overhead**. Stick your right hip out as you reach your left hand down to touch the ground. Repeat for equal reps on each side.

EXERCISE SETS REPS

Kettlebell High Pull	2	10
Kettlebell Snatch	2	10
Kettlebell Windmill	2	10
Lateral Box Jump	2	5
Medicine Ball Russian Twist	2	15
Triceps Dip	2	10

SUPERSET WITH

Dumbbell Hammer Curl*	2	10-15
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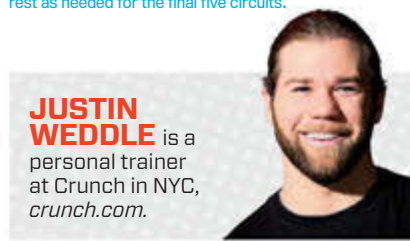
*Curl with both arms at same time.

Oblique Crunch	3	12-15
Alternating Concentration Curl	3	12-15
Cable Oblique Twist	3	12-15

CIRCUIT**

Pullup	10	5
Pushup	10	5
Body-weight Squat	10	5

**Do the first 5 rounds of the circuit as fast as possible; rest as needed for the final five circuits.



JUSTIN WEDDLE is a personal trainer at Crunch in NYC, crunch.com.

A TIP FROM A
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A close-up photograph of a person's right arm and hand gripping a barbell. A large, dark, circular weight plate is attached to the bar. The background is a blurred gym environment with various pieces of equipment and racks of weights.

STRAIGHT UP

BICEPS

Take the exercises you already know and apply these minor tweaks to get your arms growing again.

BY ED DARCEY
PHOTOGRAPHS BY IAN SPANIER



PREACHER SPIDER CURL

Flip the script on the preacher bench. Load an EZ-curl bar and turn to face the seat of the bench. Rest your elbows on the flat portion of the pad. When you extend your arms, they should be straight up and down, perpendicular to the floor. The preacher bench is now effectively a spider-curl bench. Perform controlled curls, alternating wide and narrow grips on each set.

**WIDE-GRIP
BARBELL CURL**

Take a very wide grip, almost like an underhand snatch grip. You'll notice that when you curl the weight all the way up, the extra-wide grip emphasizes the inside portion of the biceps, as well as the muscle's insertion point near the shoulder. Check your ego when you load the bar; you'll need to lighten the weight compared with what you'd use for a standard barbell curl.

Plateaus are as much a part of the natural order of things as the sunrise and sunset (they just suck a lot more). We all have periods of stagnation, when the best we can do is maintain. That doesn't mean you have to like it. And sometimes, it doesn't even

take that much to snap out of it. Try these four classic exercises and apply the tweaks we explain in the exercise descriptions. These minor changes are enough to keep your muscle fibers guessing, and when your body's guessing, it responds by growing.

GROOMING BY NADIA RAMNATH

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-Anton Antipov
IFBB Men's Physique Pro

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**CHOKED-DOWN
SUPINATING
INCLINE CURL**

Choke your hands all the way down on the dumbbells so that your pinkies touch the bottom plate. As you curl up, the dumbbells are going to try to turn out, stimulating stabilizing muscle fibers in the biceps that might not see any action during the standard variation. Do reps one or two arms at a time.



“Keep your body guessing and it will respond with new growth.”

OUT IN FRONT

Since the first Pak can rolled off a Jersey assembly line in '83, we've prided ourselves in leading by example. Not content to follow, we've blazed our own trail in the iron underground for more than three decades. We've been out in front of the trends, the fads and the flashes in the pan. Being on the frontline in defending the nutritional regimens of the hardest training athletes in the world, as the "True Original" training multivitamin, we've won the trust of the bodybuilders and powerlifters who lead the pack. In the front of their minds, at the top of their lists, when the time came to put in the work, it was Animal Pak that they called upon. Since day one, Pak has been the one they could count on, the one who stood the test of time, the one to lead from the front.



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**EZ REVERSE
CABLE CURL**

The tension provided by a cable station is a terrific stimulus for growth—and cables with an EZ-curl attachment and a reverse grip are the perfect finisher. As you do your curls, keep your elbows at your sides; imagine they're bolted in place. This will keep the emphasis where it belongs. Alternate wide and narrow grips on each set.

**THE WORKOUT
BICEPS**

EXERCISE	SETS	REPS
Preacher Spider Curl	4	10
Wide-grip Barbell Curl	5	8-10
Choked-down Supinating Incline Curl	4	10-12
EZ Reverse Cable Curl	2	25

ABOUT THE AUTHOR

Ed Darcey is a former natural bodybuilding champion and the owner of Personal Fitness in Rocky Point, NY. 

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THE 2015

SPRING PRODUCT GUIDE



**OUR ULTIMATE ROUNDUP OF THE
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D



eion Sanders famously said, "If you look good, you feel good. If you feel good, you play good." With summer fast approaching, it's time to start looking good, and everything else that comes with it, using our 2015 Spring Product Guide as the cheat sheet to do so. Featuring the latest innovations in gear, grooming, and sports nutrition, the guide has been several months in the making. Here at *M&F*, we're on a constant patrol for cutting-edge

products, and we subsequently put those products through the ringer. From there, we whittle down the best of the best—the ones that not only work well but also hold up over the long haul. You can be sure that everything here will serve to make you either look good, feel good, or perform better. Get ready to build more muscle, burn more fat, recover faster, and look your best with these new threads, grooming products, supps, and gadgets.

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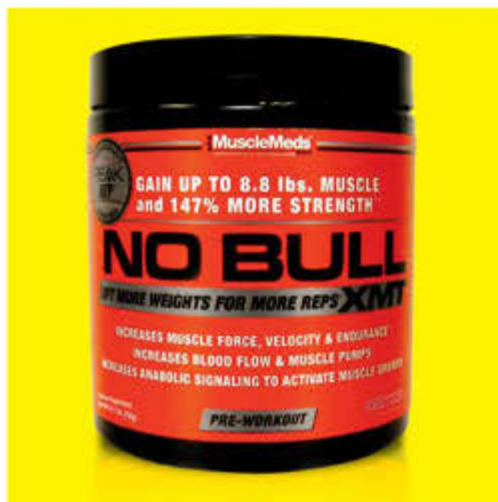


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musclemedsrx.com



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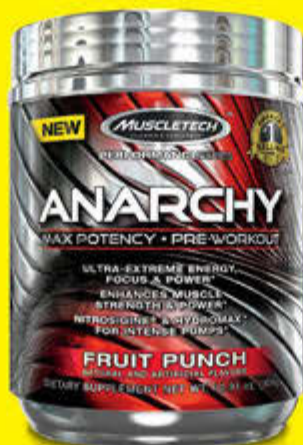


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MR. HYDE

PROSUPPS

Mr. Hyde is built for a sudden rush of sustained energy, with a three-stage caffeine blend and proprietary ingredients like CarnoSyn beta-alanine, creatine nitrate, and agmapure agmatine to provide the necessary buzz for increasing strength. Comes in diverse flavors like Cherry Bomb and Green Apple.

prosups.com



GOLD STANDARD PRE-WORKOUT

OPTIMUM NUTRITION

A better workout pump comes from what is known to work best, and Gold Standard Pre-Workout from ON packs a buzzworthy 175mg of caffeine (from natural sources), as well as 3 grams of creatine and 1.5 grams of beta-alanine—with no banned substances.

optimumnutrition.com



NUCLEAR X

MET-RX

Remain in ludicrous speed throughout your training session with two scoops (24 grams) of Nuclear X—400mg of caffeine, 4.8 grams of CarnoSyn (beta-alanine), and 2 grams of creatine HCL. Retire the "I'm too tired to train" excuse from your vernacular.

metrx.com



RAVAGE

GNC BEYOND RAW

Turn your muscles anabolic with this pre-workout that doesn't just increase energy and pumps but also primes your body to burn more calories during your training session.

gnc.com

ON YOUR MARK

XTEND-GO!

BCAAs + ENERGY



7g
BCAAs

0g
CARBS

0g
SUGAR

GO! IT'S NOT JUST A COMMAND, AND IT'S MORE THAN A FEELING. IT IS A WAY OF LIFE - A RELENTLESS PURSUIT OF RESULTS.

7g BCAAs IN A 2:1:1 RATIO - the ONLY ratio backed by research - plus L-Glutamine and Citrulline Malate to efficiently support muscle growth and recovery

HYDRATION is key. Stay ready for peak performance by replenishing electrolytes

ENERGY - the smart pathway to constructive energy and focus. No agitation from a pre-workout, no energy-drink crash, no fats or sugars from overloaded coffee, just a clean way to squeeze the most out of a tough morning, a brutal workday, or a grueling gym session

ENTER FOR A CHANCE TO WIN PRODUCTS. MULTIPLE MONTHLY WINNERS! [SCIVATION.COM/MUSCLE-PROMO](https://scivation.com/muscle-promo)



These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

*Schwett, et al. Consuming branched-chain amino acid supplement during a resistance training program increases lean mass, muscle strength and fat loss. Journal of the International Society of Sports Nutrition 2020, 6(Suppl 1):P1

*Schwett et al. Consuming branched-chain amino acid or whey protein in combination with hypocaloric diet differentially affects muscle mass, body fat and strength in trained subjects. Manuscript in Process.

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EXCLUSIVELY AT

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THE RIGHT GEAR CAN ACTUALLY ENHANCE PERFORMANCE.



A400 LONG TIGHTS

SKINS

Step into these compression pants and you'll never want to take them off. The durable seams and strategic construction provide great stability for any athlete, and the snug fit ensures even blood flow to working leg muscles.

skins.net/usa



COMPRESSION SOCKS

CEP COMPRESSION

Available in six colors, the antibacterial socks provide targeted compression to the foot and ankle for improved support and recovery—all while keeping odors at bay.

cepcompression.com



MONKII BARS

MONKII

Weighing less than one pound, monkii bars are a portable suspension training system. Laced with durable spectra cords, you can hang these from any sturdy anchor point for pushups, inverted rows, and much more.

monkiibars.com



LIFTING BELT

SCHIEK

Schiek's patented closure system and downward angle is tailor-made to fit the natural arc of your back for greater comfort, and closes with Velcro for a more custom fit. The front can also be widened as needed.

schiek.com



STRENGTH BANDS

BLACK MOUNTAIN PRODUCTS

Build strength, prevent injury, and train anywhere with this complete set of rubber resistance bands. They provide 10-80 pounds of resistance, which is perfect for augmenting standard barbell moves, or making due when you don't have weights.

kohls.com



PWR ACTV

PUMA

The inner layer of the 2-in-1 shorts are compression, with athletic tape sewn into the lining. On the outside is a more loose polyester lining. Together, you have the ideal shorts for any workout.

puma.com



TANTO 2.0

RYU

With gel-print grippers on the shirt's inside, the color-blocked Tanto compression shirt stays in place during training for a comfortable fit. RYU—which stands for Respect Your Universe—uses materials derived from sustainable sources. Most important, our staff has field-tested this brand for years and has proven its durability.

ryu.com



WHITE LABEL BODY WASH

AXE

Available in three masculine scents, Axe's top-shelf body wash could wipe the stank off of the gnarliest training sessions.

axewhitelabel.com



SLIDEZ

SKLZ

Carve up your core with slider pikes, mountain climbers, pushups, and more. The increase in muscular tension from the ergonomic floor sliders strengthens abdominal muscles and other stabilizers.

sklz.com



PURIFY

PURIFY CLEANER

Eliminate odors from your shaker cup for good using Purify cleanser. A liquid blend containing the citrus compound d-limonene, Purify can make any old shaker smell like new.

purifycleaner.com



2-IN-1 GEL

GILLETTE

Avoid razor burn while you shave and dry skin afterward; the formula lets blades get close and keeps skin moisturized. A cool perk: a transparent indicator lets you know when you're running low.

gillette.com



THE QUIP

QUIP

Quip's electric toothbrush has vibrating handles and a two-minute timer to ensure a complete brush. Once you start using it, you won't know how you ever got along without it.

getquip.com



FORUM HOODIE

UNDER ARMOUR

Ultra lightweight but not too loose, Under Armour's Forum hoodie allows for full range of motion during training. With mesh components and moisture-wicking fabric, you'll warm up and stay warm—without the fabric ever turning soggy and cold.

ua.com



CYCLONE CUP

CYCLONE CUP

Durable and effective, the patented Cyclone Cup is a shaker cup with a hard inner "cyclone" that mixes up powders fast. Ultra sturdy to stand up to daily wear and tear.

cyclonecup.com

INTRA-WORKOUT

KEEP YOUR WORKOUTS GOING STRONG WITH THESE UNIQUE AMINO ACID PRODUCTS.



BEST BCAA

BPI SPORTS

This BCAA supp puts the kibosh on catabolism. BPI took the big three—leucine, isoleucine, and valine, and bonded them into an oligopeptide through a proprietary process—which may enhance the onset time and increase bioavailability. Comes in Blue Raspberry and Watermelon Ice.

bpiports.net



EPIQ AMINO

EPIQ

Get the most out of every weight-training or cardio session with your very first serving. With a 4.3-gram dose of silk amino acids—which are naturally water soluble for superfast absorption, Epiq Amino also provides BCAAs in a 2:1:1 ratio to stop muscle breakdown before it can hamper your gains.

epiqresults.com



BCAA 10X ENERGY

MHP

MHP souped up BCAAs with an anabolic 10:1:1 formula that's front-loaded with the most important BCAA, leucine. That, teamed with caffeine from natural sources, produces energy and focus.

mhpstrong.com



AMINO PUMP

CUTLER NUTRITION

From the signature line of four-time Mr. Olympia champion Jay Cutler, this blend of creatine, leucine, and beta-alanine combines to increase strength, give a better, longer-lasting pump, and ignite protein synthesis.

cutlernutrition.com



HUMAPRO

ALRI

HumaPro's amino acid matrix—featuring L-tyrosine, L-cystine, L-leucine malate, and L-valine—is engineered to outperform whey, fish, and beef when it comes to lean mass production. The pre-digested blend is easy on your stomach and won't cause bloating.

alrindustries.com



XTEND RTD

SCIVATION

Like Xtend Go, Xtend RTD packs a robust 7 grams of BCAAs, this time in the form of a more convenient bottled drink. The proven 2:1:1 BCAA ratio (leucine to valine to isoleucine) will recover muscles more quickly than just a boost of leucine, and you won't hurt for taste with Green Apple and Watermelon options.

scivation.com



SUPER AMINO HYDRA-BLAST

BODY FORTRESS

Enhance hydration and keep strength levels high during workouts with efficacious doses of BCAAs, L-glutamine, and L-carnitine tartrate.

bodyfortress.com



XTEND

SCIVATION

Xtend provides 7 grams of a 2:1:1 ratio of BCAAs, 2.5 grams of glutamine, 1 gram of citrulline malate, and electrolytes, helping facilitate new muscle construction, increase workout volume, and improve recovery.

scivation.com



JUICED AMINOS

ANIMAL

In addition to BCAAs, Juiced Aminos is loaded with strength- and focus-boosting aminos citrulline and taurine. Arginine boosts nitric oxide, and glutamine speeds recovery.

animalpak.com



XTEND GO

SCIVATION

Focusing on the importance of BCAAs in your diet, Xtend Go is a quick, on-the-go energy booster in between meals that includes 7 grams of BCAAs—including L-leucine, L-isoleucine, and L-valine—plus a power punch of caffeine, all at a no-calorie cost. Comes in flavors Fruit Punch and Mango Nectar.

scivation.com



STEAM

RIVALUS

When you're 10 sets deep and feel like you've hit a wall, Steam will push you to the end. This powder provides BCAAs in a 2:1:1 ratio (with leucine on top), plus glutamine, L-citrulline, and citrulline malate.

rivalus.net



AMINO BUILD

MUSCLETECH

One study showed the ingredients in Amino Build's sugarless formula made of free-form BCAAs, betaine, and taurine helped lifters increase their five-rep maxes by 40% over 12 weeks.

muscletech.com



RAPID DRIVE BCAA 5000

GNC PRO PERFORMANCE

There's no guessing when amino dosing with 5,000mg of BCAAs, in a 3:1:1 ratio of leucine, isoleucine, and valine. Get a kick of energy and turn your body anabolic any time.

gnc.com



CHAIN'D OUT

ALRI

One 10g scoop offers a jump-start without the "pins and needles" feeling you've come to know and loathe. Using its PerformActiv proprietary matrix blend, Chain'd Out's BCAA configuration can help you fend off catabolism and avoid gluconeogenesis. Plus, its gluten-free vegan formula makes it a versatile option for everyone.

alrindustries.com

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CRUSH YOUR FITNESS GOALS IN STYLE WITH THESE SIX HIGH-TECH TRAINING AIDS.

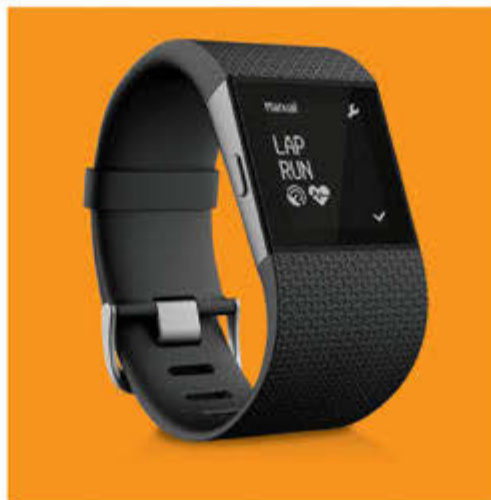


MICOACH TRAINING SHIRT

ADIDAS

Slip into the sensor-laden shirt, snap in the Adidas miCoach—or any compatible heart rate monitor—and enjoy strap-free heart-rate monitoring during your workout. Sync fitness data to a compatible phone, watch, or cardio machine. (Transmitter sold separately.)

numetrax.com



SURGE

FITBIT

Track your distance, pace, elevation, heart rate, calories burned, sleep, and more with the GPS-enabled fitness watch. The Surge also displays call and text notifications and lets you toggle through music tracks and control the volume on your phone.

fitbit.com



WIRELESS SPEAKER

NOIZY

The compact, water-resistant Bluetooth speaker delivers remarkably loud sound from a relatively small device. Play about 10 hours of music on just a three-hour charge.

noizybrands.com



SMART EARPONES

FREEWAVZ

This wireless set from FreeWavz also monitors heart rate and other activity metrics—then beams the data to your mobile device, turning that info audible in real time. Six frequencies and an optional “hear through” feature for outdoor training provide the perfect amount of sound.

freewavz.com (available in May)

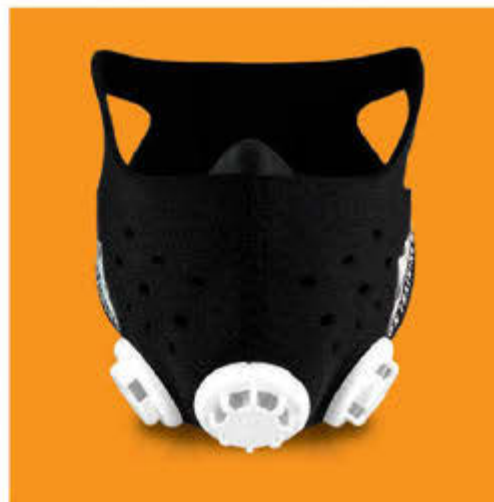


WEARABLE FITNESS MONITOR

VERT

Wear it to measure jumping metrics such as height and total jumps. Track data on both the device and Vert app in real time to monitor jump performance and frequency.

myvert.com



TRAINING MASK 2.0

TRAINING MASK

The next-gen training mask mimics elevation training by reducing airflow through a flux valve system. This can take training to the next level, promoting increased lung capacity by forcing you to inhale deeper breaths during training.

trainingmask.com

FOOTWEAR

FROM RUNNING TO WEIGHTLIFTING AND EVERYWHERE IN BETWEEN.



ULTRA BOOST

ADIDAS

Hit the road (or treadmill) with the well-cushioned Ultra Boost. A bootie construction and mesh upper make the running shoe your go-to for cardio training this spring.

adidas.com



ZPUMP FUSION

REEBOK

Give your training a boost with the newest version of the classic inflatable sneaker. This time, the pump is on the side and the upper is fully minimalist for a custom fit. finishline.com



TIBURON II

RISTO SPORTS

Add pounds to your lifts with the Tiburon II. Made of high-grade leather, the Olympic lifting shoe has a wooden heel for optimal stability. ristosports.com



X-TALON 200

INOV-8

Designed for obstacle course racing, this 7-ounce multifunctional shoe has rubber cleats for beating mud and a hardened rubber outsole to take on rope climbs. Water repellent. inov-8.com

POST-WORKOUT

ALL THE GROWTH AND RECOVERY ESSENTIALS YOU NEED AFTER A GRUELING GYM SESSION.



ISO FLEX

ALLMAX NUTRITION

Isoflex delivers a 27-gram protein bomb in only one scoop—all with zero grams of fat, no sugar, and only one gram of carbs. The four proprietary delivery systems work fast to fuel your muscles post-workout. Available in seven flavors, including Chocolate Mint Supreme, Arctic Orange Milkshake, and Strawberry.

allmaxnutrition.com



ZERO CARB

ISOPURE

Low- and no-carb options are hard to come by, but Isopure Zero Carb powder contains 50 grams per serving of whey isolate with not a single gram of filler carbs in sight. With flavors like Mango Peach and Banana Cream, you won't miss those empty carbs, either.

theisopurecompany.com



RIVAL-WHEY

RIVALUS

With whey isolate, concentrate, and hydrolysate, Rivalwhey delivers fast-acting protein that's a safe choice for athletes: All Rivalus products are guaranteed banned-substance-free.

rivalus.net



WHEY-BOLIC EXTREME 60 POWER

GNC PRO PERFORMANCE

One of the few protein supps that can also boost testosterone, WheyBolic packs 60 grams of whey per serving, along with 18 grams of BCAAs and T-boosting ingredients like fenugreek.

gnc.com



TOTAL PROTEIN

CUTLER NUTRITION

Composed of whey concentrate and isolate and milk concentrate and isolate, Cutler Total Protein will support your fitness goals and can fit any budget.

cutlernutrition.com



PROBOLIC-SR

MHP

One scoop (34g) translates to a steady 12-hour delivery of whey, casein, and soy isolate. But sustained doesn't mean Probolic-SR should be reserved only for nighttime use. The sugar-free protein mix contains five essential amino acids and BCAAs and is seven times more anabolic than standalone whey.

mhpstrong.com



BEST PROTEIN

BPI SPORTS

A 100% whey protein powder, it supports recovery and growth with 24 grams of protein per scoop and 5.5 grams of BCAAs. Carries the Chroma-Dex seal (see p. 167), a guarantee of purity.

bpiports.net

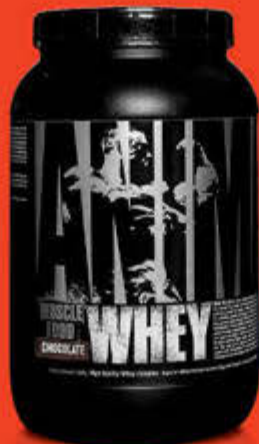


EPIQ ISOLATE

EPIQ

Derived from whey, milk, and casein isolate, Epiq's protein powder contains 20 grams of protein per serving to a miniscule 3 grams of carbs. Digestive enzymes help break it down.

epiqresults.com



ANIMAL WHEY

ANIMAL

Composed of whey isolate and concentrate, Animal Whey is loaded with digestive enzymes to ensure your body uses all the protein in each 25-gram scoop. Available in Vanilla, Chocolate, and Cookies & Cream, Animal Whey is met with consistently high customer satisfaction scores across online retailers.

animalpak.com



WHEY-HD

BPI SPORTS

A blend of whey isolate and hydrolysate, Whey-HD is an ultra-pure protein powder that supports lean muscle mass and rapid recovery. Boasting advanced flavoring technology that yields flavors like Banana Marshmallow and Strawberry Cake, Whey-HD will satisfy a dessert craving without crashing your diet.

bpiports.net



COMBAT CRUNCH BARS

MUSCLEPHARM

Combat Crunch Bars remind us that the dark days of protein bars tasting like particleboard are long gone. Each high-fiber, low-carb bar contains 20 grams of protein.

musclepharm.com



GOLD STANDARD 100% CASEIN

OPTIMUM NUTRITION

Packs 24 grams of time-release protein per serving, as well as 5 grams of BCAAs and digestive enzymes to enhance the protein's effect on your body.

optimumnutrition.com



ZMA NIGHTCAP

SNAC

ZMA is a recovery aid that contains zinc, magnesium, and aspartate used to increase REM (rapid eye movement) sleep while simultaneously increasing slow-wave sleep.

snac.com



GOLD STANDARD 100% WHEY

OPTIMUM NUTRITION

The world's best-selling whey protein provides 24 grams of whey to boost gains right after a workout and 5.5 grams of BCAAs to aid quick recovery. With 13 flavors and easy mixing, ON's 100% Whey is consistently lauded for its creamy taste and reliable results.

optimumnutrition.com



GROWTH FACTOR-9

NOVEX BIOTECH

Previously only available in capsule form, GF-9 is now also available as a powder in Tropical flavor. Its clinically studied blend of growth-hormone-increasing supps was shown to increase serum human growth hormone levels by 682% in one study conducted at LSU. GF-9 represents the maxim that you get what you pay for.

growthfactor9.com



RECOVERY PROTEIN

SIX STAR PRO NUTRITION

With its 2:1 carbs-to-protein ratio, Complete Recovery is among the best post-workout powders. Made with long-chain carbs that rapidly convert to glucose, replenishing glycogen stores, and 20 grams of protein per serving with a dose of BCAAs.

sixstarpro.com



DARK MATTER

MHP

Dark Matter's fast-absorbing formula takes full advantage of the anabolic window—the hour post-training when your body's ready to receive nutrients—by inducing protein synthesis and replenishing creatine and glycogen.

mhpstrong.com



MYOZENE

BIOQUEST

Packed with 25 grams of protein and 61 grams of carbs to ensure full recovery, MyoZene also delivers full daily doses of B6, B12, and niacin, plus creatine, leucine, carnitine, and taurine.

prosource.net



COCOTEIN

ISOPURE

Coconut water spiked with 20 grams of whey protein isolate produces a low-sugar, 100-calorie lactose-free beverage that's as refreshing before you train as it is afterward.

theisopurecompany.com



ISO-HD

BPI SPORTS

BPI's top-of-the-line protein powder, ISO-HD carries more purified whey isolate and hydrolysate than other powders. That means it digests faster, gets to working muscles quicker, and stops catabolism while jump-starting growth.

bpisports.net



JAVAPRO RTD

ISOPURE

Skip the empty calories of a Starbucks during an afternoon slump with JavaPro RTD, part protein shake and part pick-me-up. With only 100 calories, the JavaPro RTD packs 16 grams of whey protein and 70 milligrams of caffeine (about a typical cup of coffee) for a savvy way to sip.

theisopurecompany.com

682% BETTER. JUST SAYIN'



682% BETTER. Novex Biotech's Growth Factor-9 is the only US patented, verified by human clinical trial, scientifically validated product to increase mean, serum (blood) growth hormone levels by 682%. It elevates your natural hGH so you pump and chisel your way to more lean muscle mass and reduced fat, while crushing every workout with more endurance. Go online to learn more about the science behind the performance!

Try the NEW great-tasting Growth Factor-9 tropical flavor powder! The same full-strength GF9 formula in a delicious, take-anywhere, mix-anywhere packet.

NovexBiotech.

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1.800.615.1895

www.GrowthFactor9.com

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Growth Factor-9 is protected by U.S. Patent Numbers: 8,551,542; 8,715,752; 8,722,114; 8,734,864; 8,747,922; 8,747,921 and 8,765,195.

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MEET RONNY

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"For me, and for those I get the opportunity to train, fitness is life changing. Fitness is discovering your greatest potentials, setting goals and replacing them with seemingly insurmountable ones. Being an ISSA Certified Fitness Trainer has given me the opportunity to touch people's lives through fitness, motivation, and mentoring young and old alike. I am the owner of RC Complete Physique & Nutrition Inc. and have been training out of the Powerhouse Gym in Chatsworth, California for the past 15 years.

People are my passion and I am able to touch people's lives through fitness, motivation, and mentoring people of all ages. Whether it's helping the young athlete discover his/her true potential at the early stages of their athletic career, preparing the high school athlete for their college journey, or helping an elderly individual improve their health to decrease their medications, the reward of achieving these results is priceless.

Fitness is building the person you always wanted to be, inside and out. ISSA provides all of the tools for me to continue to grow as a professional and allows me to help others become the best they can be."

—Ronny Camacho, ISSA SSC
ronnycamacho.com



Nhat Nguyen

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SUPPS

THIS MONTH IN SUPPLEMENT NEWS

The Great Protein Hoax

Some supp companies are manipulating their formulas to fool tests, give you less protein, and make a cheap buck. Do you really know what's in your protein powder?

BY DANIEL BROWN



SEE HOW TO TELL IF YOUR PROTEIN IS PURE

WHAT'S IN YOUR TUB OF PROTEIN POWDER?

There's a good chance you don't really know, as a number of companies are topping off their products with low-grade ingredients masquerading as complete proteins—an unscrupulous practice known as “protein spiking.” The label on your bottle might say “24 grams of protein,” when in fact the true content is closer to 15 or 10 or maybe even zero.

As the price of whey protein has shot up in recent years, so too have immoral practices by shady supplement companies looking to increase profit margins at the expense of the consumer. With protein spiking, instead of putting the full amount of protein in the product that's stated on the label, a company will purposely come up short and fill the rest of its formula with cheap amino acids and other non-protein ingredients that can fool the testing process.

The loophole that allows this to happen is the fact that protein content in such products is indirectly measured by nitrogen content. And any number of things that aren't actually protein—free-form amino acids, creatine, and arginine, to name a few—can raise a powder's nitrogen levels at a fraction of the cost of whey, thus making the product appear to contain more protein

than it actually does. Of course, proteins are made up of individual amino acids, but throwing a bunch of random, cheap aminos into a container doesn't replicate the various muscle-building, health, and performance-enhancing benefits of the complete proteins that should be in the supplement. Not even close.

One company, however, knows exactly what's in your protein powder: ChromaDex, an independent third-party testing laboratory with the tools to separate the quality products from the imposters. Their new seal program aims to eliminate any doubt whatsoever. When you see the “ChromaDex Quality Verified” seal on your tub of protein, you'll know you can trust the label.

You can expect to find this seal on all BPI Sports protein products in the near future. BPI Sports has built consumer trust since its founding in

2009; now, that trust will be further reinforced with an unbiased third-party verification.

In addition to sniffing out protein spiking, ChromaDex's stringent testing procedures will ensure that products meet full specification for ingredient identity, contaminants, heavy metals, and microbials.

“This will be a total game changer,” says BPI Sports co-founder and VP James Grage. “You as a consumer will no longer have to guess whether you're getting a quality protein product or one that's been spiked with subpar ingredients. BPI Sports getting the ChromaDex seal will force other companies to do the same.”

For years, unscrupulous companies looking to save a buck could be as aggressive as a pro athlete looking to cheat a drug test, according to ChromaDex co-founder and CEO Frank Jaksch, Jr.

“If somebody is smart enough, they can find ways to fool it,” Jaksch says, referring to the melamine poisonings of 2007 and 2008. In those instances, companies added melamine—an industrial whitener for products like white boards and dinner plates—to pet food, milk, and baby formula. In both instances, melamine was used to fool the industry-standard nitrogen test.

“Flash-forward to today and it's like everybody has exercised selective forgetfulness,” Jaksch says. “[Protein spiking] is no different from melamine; it's obviously a lot less harmful, but they're just moving the bar. Whatever the cheap amino acid du jour is that happens to be nitrogen-containing will be what people grab onto.”

In addition to using nitrogen testing to determine total protein, ChromaDex runs an amino acid profile to test for free-form and bound aminos. By definition, protein should contain very few free amino acids. So, for example, even if a nitrogen test confirms 20 grams of protein per serving, a high test for free amino acids would flag the sample, making the nitrogen data suspect.

THE CHROMADEX SEAL:
The golden label on BPI protein powders means the ingredients have been verified with third-party testing.



"In a case like that, we would fail the sample," Jaksch says. "If someone sent us a protein sample and it was all free amino acids, it's a dead giveaway that the stuff has been spiked. It's really that ratio between the free and the bound amino acids that tells you if your protein is up to snuff."

While ChromaDex has supplied testing to just about every player in the supplement industry, Jaksch admits that some companies want more rigorous testing than others. BPI Sports, meanwhile, took testing a step further.

"The program we have with BPI is more advanced than what we've done for anybody else," Jaksch says.

Part of the seal program includes a thorough audit and inspection of the manufacturer's facility. Jaksch explains that most supplement companies don't own their manufacturing plants; they formulate the products, then use an outside vendor

to mass-produce the product.

"In my opinion, you actually learn more from the audit and inspection process than you will from the testing," Jaksch says.

Inspecting the vendors—from the manufacturing facility all the way back to the raw materials—is time consuming and expensive, a practice that, for years, scared off most supplement companies.

"We created the concept of this seal program more than 10 years ago," Jaksch says. "BPI was one of the first to understand this and say, 'We can't compromise, and we're prepared to spend the money necessary to do this.'"

Grage sees it as a boon to the industry as a whole. "If they want to say that their product is just as good as ours, they'll have to put their money where their mouth is and get it tested," Grage says. "In the end, this is great for everyone. It means that all the big companies are going to put out better products."

WHAT THEY'RE LOOKING FOR

"You can't use just one test to determine the potency of protein," Jaksch says. Tests that look at the nitrogen content of powder are unreliable. Below, he points out three things ChromaDex looks for in testing:

- 1 IDENTITY** If the bottle says whey protein, can the consumer really trust that it's whey and not derived from another source?
- 2 QUANTITATION** An unscrupulous company might provide only 10 grams of protein per serving, with nitrogen-containing aminos accounting for the rest.
- 3 CONTAMINANTS** Subpar processing can lead to metals and microbiological contamination making their way into the product.

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TrainingMask.com/fitness

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The Problem with PRs

You've been told you need to get stronger to grow, but it doesn't work forever. **BY JASON FERRUGGIA**

TYPICAL ADVICE

trainers give newbie lifters is to add five pounds to the bar each week on exercises like squats, presses, and cleans. The idea is if you increase the weight regularly you'll get bigger and stronger, but this works only for the first six to 12 months.

Trying to pursue linear strength gains after that, in order to set bigger PRs,

becomes a risky endeavor, as the human body can adapt only so fast. Tendons and ligaments do not respond as quickly as muscles do, and if you continue to load them with heavier weights, something's going to get inflamed, tear, or snap. When you're an experienced lifter, you just can't expect to set PRs every week anymore.

To stay safe and ensure

constant progress, you have to allow for fluctuations in strength. Some days you'll be strong, and others you'll be weak. That's life. Trying to add weight or do more reps on days you're not up to it is how you get hurt. Instead of trying to top your last performance at all costs, do only what you're capable of on that day. Just because you military-pressed 135 for eight last time doesn't mean you have to get it for nine this time. You might only feel up to a few sets of five. Do it. You'll get nine another time.

Measure progress in terms of years, not weeks. And use variety. Unless you're a competitive lifter, you shouldn't be doing the same moves every week. That leads to overuse injuries. If you really want to set new PRs fast, here's the safe way: Use a new variant of the exercise each workout. Change your grip width, use different bars, add chains, etc. When you retest the main lift you're trying to build, you'll be stronger.

Remember, PRs are nice, but the most important thing is to stay healthy so you can continue training long-term.

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Dead Ahead

Jesse Metcalfe, the star of *Dead Rising: Watchtower* gets physical for his latest role.

BY ZACK ZEIGLER

M&F: You love to train, but are you OK with an extreme transformation if a role calls for it?

JM: I'd take it as a challenge. I carry a few extra pounds between projects but will go on a stringent diet if the role demands it. I'm all for anything that helps me get into character.

Describe your training.

I mix things up with lifting, circuit training, group fitness, long runs, trail runs, boxing, MMA, and yoga. You have to keep it interesting, and you have to continue to shock the body.

Do you apply the same philosophy of choosing variety when deciding which jobs to take?

My role in *Dead Rising: Watchtower* allowed me to show a different side of myself as well as perform all of my own stunts. I had pads on but was taking eight- to 10-foot falls on concrete day in and day out. So I was pretty much bruised head to toe... but it's the most fun I've had on set.

***Dead Rising* video games have sold more than eight million copies. Do you worry you'll disappoint such rabid fans?**

Two decades' worth of failures have made the video-game world unenthusiastic about having their stories adapted by Hollywood. Hopefully, *Dead Rising: Watchtower* is part of a renaissance of video-game feature films. I liked the pedigree behind it and how Capcom, the writers, and producers decided to approach it.

Metcalfe is a veteran of the TV series *Dallas* and *Chase*. With the release of *Dead Rising: Watchtower* on March 27, he'll try his hand as an action hero.

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